The educational bag in a self-competitive manner and its effect on learning skillful performance and achieving the discus throw for females

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Abstract

The problem of the research because the effectiveness of discus throwing is one of the activities that consist of a group of technical stages that require mastery to obtain the best achievement, which is a basic goal to which each teacher will attain. This comes through choosing the method, techniques and aids that are appropriate to the capabilities, preparations and capabilities of students, so the researcher decided to enter into this problem by preparing an educational bag in a method of self-competition to teach skillful performance and achievement of the discus throwing event for students hoping that this research will put an effort in the hands of workers in the educational process in order to benefit from it in teaching the performance of this event, and it was the most dedicated. In the research, preparing an educational bag to teach the technical performance and achievement of the effectiveness of discus throwing for students, and to identify the effect of the educational bag by a method of self-competition in learning the skillful performance and accomplishing discus throwing for students, the researcher used the experimental approach with two equal groups (control and experimental) to suit his nature of this study and its goals, for female students. The first stage in the College of Education for Girls, Department of Physical Education and Sports Science at the University of Kufa for the academic year 2018-2019 and the number (41) students, the researcher concluded that the method followed by the teacher has a positive impact in the education of technical stages Achieving discus throwing for female students, and the educational bag in a method of self-competition has a positive effect in teaching the technical stages and achieving discus for female students. Through learning, including the use of self-learning in its many forms, as this method allows the learner to be creative and achieve his ambition, and also transfers the axis of the educational process from the teacher’s axis to the learner’s axis.

Keywords: educational bag, self-competition, discus achievement

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Introduction:

The educational bag is one of the most models of self-learning, which is an integrated and well-organized learning system and the basis for its organization. It contains a set of educational activities and alternatives that help in achieving specific goals based on the principles of self-learning that enables the learner to interact with the subject according to his ability, conditions and needs by following a specific path in education[1] As the learner acquires various educational experiences through interaction, practice, participation and communication with the data of the surrounding environment through a variety of sources of knowledge that suit his
preferences and needs, and since the effectiveness of discus throwing is one of the competitive games that are characterized by a lot. It has its kinetic and skill requirements and duties that beginners should learn and master and be familiar with its own technical and scientific aspects as well as being among the games that, like other games, were affected by developments in learning methods, so the use of the method of self-competition can have a major role in learning and mastering its performance and achieving the best achievement.[2,3]"The educational bag is a system in self-learning that organizes the educational subject in multiple means that leads the learner to achieve the goals of teaching with the highest effectiveness and may use printed materials or programmed brochures, slides, tapes, transparencies, recordings, figures and identification boards"(12:25).

Research problem:
Throwing an event is one of the activities that consist of a group of technical stages that require mastery to obtain the best achievement, which is a basic goal to which each teacher will attain. This comes through choosing the method, techniques, and aids that are appropriate to the capabilities, preparations, and capabilities of students, so the researcher saw access to this problem. By preparing an educational bag in a self-competitive manner to teach skillful performance and achievement for the discus throwing event for students hoping that this research will put an effort in the hands of workers in the educational process in order to benefit from it in teaching the performance of this event.

Research aims:
First, preparing an educational bag to teach the technical performance and achievement of the female discus throwing event. Second, knowing the effect of the educational bag in a way of self-competition in learning the skillful performance and accomplishing the discus throw for female students.

Research imposition:
The educational bag in a self-competitive manner has a positive effect on learning the skillful performance and achieving the discus throwing of students.

Practical procedures:
The researcher used the experimental approach with two equal groups (control and experimental) to suit the nature of this study and its objectives, for first-stage students in the College of Education for Girls, Department of Physical Education and Sports Science at the University of Kufa for the academic year 2018-2019 and the number (41) students, the research sample was chosen by the way The randomness of a sample consisting of (28) students by (14) students for the experimental group and the same for the control group, constituting a percentage (68.29%) of the parent community, and the researcher excluded a number of the sample individuals who are postponed students (3) students and teachers (2) students, As well as excluding the sample of the experiment The survey (8) female students.

Homogeneity:
The researcher used the law of difference coefficient to conduct homogeneity in variables (age, length, mass) between the individuals of the sample as shown in Table.(1)
Table (1). Shows the homogeneity of the research sample.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Unit</th>
<th>Mean</th>
<th>STD.EV.</th>
<th>Skewness</th>
<th>Statistical Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tall</td>
<td>Cm</td>
<td>158.38</td>
<td>5.18</td>
<td>0.75</td>
<td>Homogeneous</td>
</tr>
<tr>
<td>Mass</td>
<td>Kg</td>
<td>52.18</td>
<td>3.94</td>
<td>0.363</td>
<td>Homogeneous</td>
</tr>
<tr>
<td>Age</td>
<td>Year</td>
<td>18.2</td>
<td>0.72</td>
<td>0.237</td>
<td>Homogeneous</td>
</tr>
</tbody>
</table>

Parity:
To determine the initiation point, the researcher found the equivalence between the two groups using the (T) test for the independent samples in the study variables and Table (2) shows that.

Table (2). Shows the equivalence of the research sample

<table>
<thead>
<tr>
<th>Variables</th>
<th>Unit measurements</th>
<th>Experimental group</th>
<th>Control group</th>
<th>(t) calculate</th>
<th>Significant</th>
<th>Stat. Result</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>STD.EV.</td>
<td>Mean</td>
<td>STD.EV.</td>
<td></td>
</tr>
<tr>
<td>Technical performance</td>
<td>Grade</td>
<td>4.94</td>
<td>1.48</td>
<td>4.38</td>
<td>1.62</td>
<td>1.75</td>
</tr>
<tr>
<td>Achievement</td>
<td>Meter</td>
<td>9.07</td>
<td>1.63</td>
<td>9.14</td>
<td>1.99</td>
<td>1.13</td>
</tr>
</tbody>
</table>

It is clear from Table (2) that the calculated value (t) of all research variables has a level of significance greater than (0.05), which indicates that there are no significant differences and this means that the two groups are equal in the search variables.

Evaluating the technical performance of female student's discus effectiveness.
The process of evaluating the technical performance of the discus throwing effectiveness of female students has been done by arbitrators who judge (1) the performance of female students as the experts assess the performance and a score of (10) was divided into the technical stages of performance.

Measuring achievement of a discus throwing effectiveness:
- **Test name**: Discovery measure of achievement.
- **The purpose of the test**: to measure the achievement of a discus.
- **Tools used**: legal tape - disc pitch.
Performance specifications: The student performs the discus throw in the legal way that she used during the training to measure the throwing distance.

Preparing the educational bag
The educational bag was prepared and designed according to the educational design steps in general, and the steps for preparing and designing the educational bags in particular, and depending on the characteristics of the
learners and their capabilities as well as taking the opinions of experts and specialists, as the researcher followed the following steps in designing the educational bag under discussion:

1- Choosing the educational subject: The educational subject was chosen from among the vocabulary of the curriculum and field curriculum for the first stage students in the College of Education for Girls, Department of Physical Education and Sports Science - the University of Kufa for the academic year 2018/2019 and was among the curriculum for the first semester teaching discus throwing material.

2- Formulating behavioral goals: In the light of the educational material and educational goals, the behavioral goals were formulated and included in the guide of the educational bag, and the first accreditation in its formulation was due to the sources that dealt with explaining the skill under discussion. Any complication.

3- Defining the alternatives: The activities and alternatives in the educational portfolios were determined according to the level of the learners and their capabilities and in a manner that achieves the desired goals of them, so there were three alternatives:

**First:** The printed educational material: The researcher made a theoretical article in the form of a small booklet that included (the title, an introduction to the studied skill, a detailed explanation of one of the stages of the event) in a sequential manner to display the stages and from easy to difficult, and illustrative pictures were introduced to help the learners to understand the performance Skills and provide them with feedback and urged them to review the material read and return it more than once.

**Second:** Sequential images (securitization): The researcher prepared the sequential images through the optimal model for performing the skill under discussion, for one of the players who perform the skill well, and these images were processed by entering the computer and doing the single skill cutting into several pictures and then pulling them on special paper (White Satin) Then cut these pictures and arrange them in sequence and compress the photos to form one package and represent the full performance of the event from standby until throw and balance.

**Third:** CDs. The researcher prepared an educational movie recorded on a hard disk (CD) for each stage of the discus throwing event that contains attempts by international athletes. Directing the educational movie easily and smoothly, and it took samples of the performance research skills sought from the best players in the world in this game as well as local Iraqi players.

**Fourth:** Introduction and bag guide: The researcher prepared an introduction to the educational bag that gives an idea to the learner about the contents of the bag. He also prepared a guide that the learner uses to know the most appropriate and easiest steps to study the bag, which facilitates its learning process and achieves the desired goals of the bag.

**Tribal tests**

The researcher conducted the tribal tests on the main sample of the research on Tuesday 10/10/2018 in the closed hall for games at the College of Education for Girls Department of Physical Education and Sports Science - the University of Kufa and with the presence of the assistant work team, and the researcher proved almost all other conditions for the tests in terms of space and time and the way to find the same or similar conditions when conducting dimensional tests.
Educational curriculum:
After informing the researcher of the available resources and studies in the field of teaching methods, motor learning and vigorous games, she prepared the vocabulary for the educational curriculum before applying it to the sample and according to the curriculum set in the college for the field and field course, then she prepared (the educational bag) with an explanation of how to use it and the methods of guidance and the special guide and how Its application while providing the place for displaying the contents of the bag to teach the stages of performance for the effectiveness of discus throwing and thus the main experiment was started on Thursday 12/10/2018, and the curriculum included an application to learn the technical performance of the discus effectiveness with the help of the bag The experimental group and the self-competition of the experimental group, while the control group learned the method followed by the subject teacher by explaining and displaying the skill under study, and the educational curriculum took (6) weeks, by one educational unit per week, and thus the total number of educational units becomes (6) units Educational, the educational method has been applied by distributing educational bags to students for the experimental research group as follows:

A - The educational bag: its time is (10) minutes. In it, the skill is displayed on the data show through a laptop collectively in the computer lab in the department. Female students read the instructions for applying the educational bag (according to the steps taken by following the instruction manual and the goals of the educational unit designed to teach the skill).

The teacher supervises female students and assists when needed.

Note: Each student has her educational bag, she reviews the skill presentation and can read it outside the unit hours, which allows the learner to learn all parts of the skill and build a dynamic program for this skill by applying it through the educational unit and outside it.

B - Preparatory section: This section includes the introduction, recording the attendance, giving the general warm-up and warm-up for the educational unit with a time of (15) minutes. This section aims to prepare the body to perform the skills given in the educational unit.

C - The main section: It is divided into: First, the educational part: Its time is (10) minutes. Students in this section read the instructions for applying the educational bag (according to the steps prepared by following the guide and the goals of the educational unit designed to teach the skill, as well as looking at the theoretical article written about the learned skill and the serial images of that skill). Second, the applied part: Its time is (45) minutes, which is the part in which the female learners apply what they learned at the time of the educational part on the field, as members of this group practice the technical stages of the throwing activity according to the method of self-competition and the practice in this method requires performing the skill individually and the student By evaluating her performance against her repeated attempts and recorded in the registration form for the student to know the extent of her progress or failure.

D - The final section: (10) minutes. This section includes games or exercises to calm down and leave.

Post-test
Dimensional tests were applied on Sunday, 11/19/2018, and the researcher followed the same conditions and procedures for the pre-test in terms of the time and place of the tests, the assistant team and the method of calculating the test score.
Statistical means
The researcher used the statistical program (SPSS) to extract the statistical results according to the statistical laws:

Results and discussion
Presenting the results of the skill performance and achievement level of the discus throwing effectiveness of the students in the pre and post measurements of the control group, analyzing and discussing them:

Table (4). Shows the mean, standard deviation and the value of (t) calculated and significant of the results for test of experimental and control groups (pre and posttest) for achievement in the shot put

<table>
<thead>
<tr>
<th>Tests</th>
<th>Pretest</th>
<th>Posttest</th>
<th>(t) calculate</th>
<th>Significant</th>
<th>Stat. Result</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>STD.EV.</td>
<td>Mean</td>
<td>STD.EV.</td>
<td></td>
</tr>
<tr>
<td>Skill performance</td>
<td>4.94</td>
<td>1.48</td>
<td>6.12</td>
<td>2.02</td>
<td>7.34</td>
</tr>
<tr>
<td>Achievement</td>
<td>9.07</td>
<td>1.63</td>
<td>10.89</td>
<td>3.23</td>
<td>5.69</td>
</tr>
</tbody>
</table>

Table (4) shows the arithmetic mean, standard deviations, and the calculated value (t) between the results of pre and post-tests in the skill performance and achievement of the discus throwing effectiveness of the control group, as the results presented in the table showed that the value of the level of significance calculated in the two tests is less than the value of the level of significance (0.05). This indicates the presence of statistically significant differences between the pre and post-tests and in favor of the post-tests. The researcher attributes these moral differences and development in favor of dimensional tests of skill performance and achievement by throwing the disc in the control group to the educational curriculum that was applied to the control group through the method followed by the subject teacher.

In which the student learns by imitation and repetition, therefore, most of its implementers focus on giving the student the largest number of repetitions to reach a good level of learning, as continuous training on the educational task helps a lot in learning and installing it, and this, in turn, contributes to mastering the motor duty, as (Wajih Mahjoub) indicates (2000). "That the importance of repeated skill performance and the use of kinematic models in front of learners helps to learn and install the skill (10: 175), and as a result of practical application and practice of performance within the units of the educational curriculum, which contributed to improving the performance level of the control group and achieving better results in testing Rat dimensionality as "the practice and effort to training and continuous iterations are necessary in the process of education, training and worker assistant is necessary in the individual's interaction with the skill process and control the movements and to achieve consistency between the constituent movements of the skill in the performance of sequential sound and time appropriate" (129: 9. (Ayesh Mahmoud) (2007) stresses that the method followed by the subject teacher has a positive and successful role to teach students and develop their skill level even if the method is more dependent on the teacher than the student and the role of the student is repetition as it gives students complete ideas and topics and they do not have interpretation and analysis, but application as Learning occurs when the learner encounters a problem or situation" (3:44).
Display the results of the skill performance tests and discus achievement in the pre and post measurements of the experimental group, analyze and discuss them:

**Table (5):** The significance of the differences between pre- and post-test results in skill performance tests and discus throw achievement for the experimental group.

<table>
<thead>
<tr>
<th>Tests</th>
<th>Pretest Mean</th>
<th>STD.EV.</th>
<th>Posttest Mean</th>
<th>STD.EV.</th>
<th>(t) calculate</th>
<th>Significant</th>
<th>Statistical Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skill performance</td>
<td>4.38</td>
<td>1.62</td>
<td>7.28</td>
<td>2.75</td>
<td>11.7</td>
<td>0.000</td>
<td>Sig.</td>
</tr>
<tr>
<td>Achievement</td>
<td>9.14</td>
<td>1.99</td>
<td>12.35</td>
<td>2.12</td>
<td>6.63</td>
<td>0.000</td>
<td>Sig.</td>
</tr>
</tbody>
</table>

Table (5) shows the arithmetic mean, standard deviations, and the calculated value (t) between the results of pre and post-tests in skill performance and discus throw achievement for the experimental group, as the results presented in the table showed that the value of the level of significance calculated in the two tests is less than the value of the level of significance (0.05) which indicates the presence of statistically significant differences between the pre and post-tests.

The researcher attributes these moral differences and development in favor of dimensional tests in the skillful performance and achievement of discus throwing for the students in the experimental group in addition to the practice and repetition to the effectiveness of using the educational bag which was applied to the members of the experimental group as it provided the learners with new entrances to gain information only in a suitable sequence with the return and retrieval of this Information commensurate with their abilities, as the use of the educational bag helps to create an atmosphere of interest and attention among learners, as well as understanding and learning easily each part of the skill and that the division of The educational attitude leads to more chances of success and reducing the wrong response, which leads to avoiding the passivity of the learner and increasing his positive participation. In this regard, the opening of the door Abdul-Halim (1992) confirms that "the learning process takes place on the full facet of the educational facet if the teacher uses all the media It relates to the provision of the exact stimulus that achieves the required answer that enhances the required behavior.

Self where exercises were performed using competition in performance, which increased the desire and motivation of students to make the utmost effort towards practicing the skill and repeatedly to achieve success and the student compete with herself. As a result, the level of performance has evolved and Stones (1986) asserts that "the effort exerted on competition to excel Rather, it is a factor that is at the heart of human nature” (11:211).

Display the results of the post-tests in skill performance and discus achievement for the two control and experimental research groups, analyzed and discussed:
Table (6): Significance of the differences between the dimensional tests of the control and the experimental groups in the skill performance tests and the discus achievement is indicated.

<table>
<thead>
<tr>
<th>Tests</th>
<th>The control group</th>
<th>Experimental group</th>
<th>(t) calculate</th>
<th>Significant</th>
<th>Statistical Result</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean (V.)</td>
<td>Mean (V.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>STD.E</td>
<td>STD.E</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skill performance</td>
<td>6.12</td>
<td>2.02</td>
<td>7.28</td>
<td>2.75</td>
<td>4.06</td>
</tr>
<tr>
<td>Achievement</td>
<td>10.89</td>
<td>3.23</td>
<td>12.35</td>
<td>2.12</td>
<td>3.65</td>
</tr>
</tbody>
</table>

Table (6) shows the arithmetic mean, standard deviations and the calculated value (t) between the results of the dimensional tests in the skill performance and the discus achievement for the control and experimental groups, as the results presented in the table showed that the value of the level of significance calculated in the tests is less than the value of the level of significance (0.05), this indicates the presence of statistically significant differences between the two groups' post-tests and in favor of the experimental group.

The researcher attributes the reason for the experimental group's superiority to the application of the vocabulary of the educational bag, which clarified to the research sample the duties and tasks that must be accomplished in an orderly manner, it is graded and fixed in the body of the bag, so the student will realize the behavioral goals by being acquainted with the contents of the educational bag as well, she uses the student’s guide, which includes a lot of instructions which correctly explains what the student has to do, and the bag allows working without stopping if she needs feedback at any time in the unit of education. She has several alternatives, such as films, serial pictures, and written material about the skill to be learned. Which contains theoretical information that has the greatest impact on improving the level of students, as (Qasim Hassan) points out that "learners prefer to receive their education with accompanying explanatory materials. Among the most important of these materials is the importance of pictures, drawings, and expressions written in short and formulated in a simple form" (6: 214), as the researcher believes that the use of the educational bag, which created a good learning environment by engaging all the senses of learners and provoking their motivations towards learning and helping them to organize scientific thinking and making it go in the educational process according to its desire, speed and capabilities, which prompted the learners to feel themselves and their role in the educational process, which led to the use of. They are tired and aware of the facts and knowledge related to the level of skill performance and proper learning, and this was confirmed by (Ahmed Al-Lakani (1986)) "that the learner's mastery of skills depends on the presence of the educational subject that he was given the opportunity to study and the type of training that was available to him "(2:40).

The researcher also attributes the reason for the experimental group's superiority to the method of self-competition, which pushes the student to make serious attempts to overcome the obstacles that she encounters during the performance of the skill-based on her desire to achieve a prominent position, and therefore it can be said that the use of the method of competition concerning the level of female students' performance to perform a skill Throwing the disc is more effective than the traditional method, as the method of self-competition, in general, helps to stimulate the motivation of female students in general, who have a weak motivation, especially in the process of learning skill, and this is confirmed by Ahmed Amin Fawzi and Tariq Muhammad...
Badr Al-Dee (2001) that "competition-oriented and state-provoking and invigorating behavior and working to stimulate and promote mental energy towards the achievement of internal athletic achievement" (1:202).

Conclusions

1. The method followed by the teacher has a positive effect on teaching the technical stages and achieving the discus throw for the students.
2. The educational bag in a self-competitive manner has a positive effect on the education of technical stages and the achievement of discus throwing for female students.
3. The experimental group that implemented the educational bag in a way of self-competition over the control group in teaching technical stages and achieving discus throwing for students.
4. The use of modern technologies to educate female students has an important benefit, which is creating positive interaction between the student and the subject, which is reflected in the student's theoretical and practical performance in the subject.

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