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The effect of blended learning using modern technologies in learning and improving the effectiveness of discus throwing for students

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Abstract---For blended learning using modern techniques in teaching the effectiveness of discus throwing has a better effect than the methods used in teaching effectiveness among the members of the research sample. The techniques that were used in the educational curriculum had a clear impact on the learning events for students of the Faculty of Physical Education, which led to the development of physical abilities and muscular-nervous compatibility, which led to a development in the level of achievement and performance of the research sample.

Keywords---effect blended learning, modern technologies, improving effectiveness.

Introduction

The levels of education constitute the year that many countries have reached, as a result of the scientific progress that the world has witnessed, especially in recent years, which was evident in the achievement of sports achievements for the various events. Therefore, it became necessary to use various modern methods and methods in order to reach the level of achievement. It is obligatory for him to take into account the work to increase the tendency to specialization in education. That is, focusing on the requirements of specialized performance in the type of sports event. The privacy of education is one of the basic laws that govern the process of quality education in achieving its goal, which is the high level of achievement in various games and events, including athletics activities in its various forms.

The learner is the focus of the educational process and the development of his abilities is the goal in this process that requires comprehensive and accurate attention in providing various educational situations that serve the educational process and provide the opportunity to achieve optimal performance of the various mathematical skills that reflect the learner's ability to understand the parts of the skill or movement and its components. The discus throw is one of the distinguished activities in athletics, as it requires special physical and kinetic capabilities and abilities for its practitioners. On the methods used, but by relying on many facts from concepts, including: the use of modern technologies. This diversity in education led to the addition of a large burden in the education process, which made it an inevitable necessity by introducing it into the learning process.

Hence, we find the importance of using modern technologies in the education process, as it is no longer a marginal issue in the educational process, but rather has become an integral part of its basic components. The use of modern technologies makes the educational process more effective and positive, because it leads to the development of physical and motor abilities specific to the type of sports activity. The effectiveness of discus throws depends primarily on the strength of the working muscles. From here we see that muscular strength is of outstanding importance for this effectiveness, as it is one of the physical attributes that work to achieve advanced levels in improving performance and high achievement, and this is what helped researchers to give it great importance.

Research problem

The learning process is based on the means of transferring information from the teacher to the learner, and this method is the method or method of learning that, whenever it is appropriate, the learning process takes place in better and faster ways and with less effort. Sometimes it lacks in making educational situations more effective and lively.

The researcher believes that this method used and the exercises used do not provide the full opportunity for the learner to show his special abilities and may lead to boredom as a result of the increase in the explanation period, as it does not achieve the desired educational return, and that there may be more appropriate methods that lead to better learning and an improvement in the level of performance of motor skills. "And you were not given of knowledge except a little. (1)"

Through the researcher's work in the field of education, it was found that most physical education students face difficulty when learning the effectiveness of the long jump, specifically in the flow of approach and how to link well between the stages of effectiveness. After studying the ancient and modern educational methods and methods of learning, an idea crystallized for the researcher to create a model educational climate that may lead to desirable situations within the educational lessons through the integrated method using modern technologies and that modern learning depends on the exploitation of all the senses of the learner.

Research aims

1. Knowing the effect of blended learning using modern technologies in learning and improving the effectiveness of discus throwing (experimental group).
2. Identifying the differences between the effects of blended learning using modern technologies in learning and improving the effectiveness of discus throwing and the method used by the teachers in teach the research sample members (control and experimental group).

Research hypotheses

1. There are significant differences between the pre and posttest for both groups (control and experimental) and students' learning and improvement of achievement by the effectiveness of discus throwing.
2. There are significant differences between the effect of blended learning using modern technologies in learning and improving the effectiveness of discus throwing and the methods used by the teachers.

(1) Hole Qur'an, Surat Al-Isra', Part 15, Verse 84.

Research areas

1. The human field: second-year students in the Faculty of Physical Education - University of Babylon, for the academic year 2021-2022 AD.
2. Time range: the period from 2/2/2021 AD to 1/6/2021 AD.
3. Spatial field: The stadium of the College of Physical Education and Sports Science - Al-Muthanna University.

Research Methodology

The researcher used the experimental method for its suitability to the nature of the problem to be solved, as the experimental method is considered (one of the most sufficient means to reach knowledge of the problem, through which it is possible to predict the event and control by studying and explaining the causes) (2).

Research community and sample

The goals that the researcher sets for his research and the procedures he uses will determine the nature of the community or sample he chooses) (3). The research community was determined by students of the second stage in the College of Physical Education and Sports Sciences, Al-Muthanna University, for the academic year (2021-2022), and their number was (110) students divided into four study divisions. The sample is one of the necessities of experimental scientific research... It is (the model that is examined or monitored and on which the experiment is carried out and may consist of one or two people or more)) (3), as the sample was chosen from the students of the second stage, which consists of six study divisions (A, B, C, D, E, F) and the lottery is drawn on the (D) Division, which consists of (28) students, and the researcher excluded a number

of the sample members to achieve the condition of parity in the sample of learners. Thus, the final total number of the research sample is (25). a student Test name: Discus Throw Effectiveness (Achievement and Performance)

- The purpose of the test // to measure the distance that the student achieves and to know the degree of performance by the experts present during the implementation.
- Performance specifications // Three assignments are given to each student and the best is recorded

(2) Muhammad Hassan Allawi, Osama Kamel Ratib: Scientific Research in Physical Education and Sports Psychology, Cairo, Arab Thought House, 1999, p. 217.

(3) Wajih Mahjoub: The Origins and Methods of Scientific Research, Amman, Dar Al-Mahajub for Publishing and Distribution, 2001, p. 168.

- Tools and devices used for measuring, tape measure.
- Recording method // the laboratory records the distance that it achieves for the good attempt. The exploratory experiment

The reconnaissance experiment was conducted on February 8, 2021, and the reconnaissance experiment aims to:

- Knowing the time taken to give the instructional method.
- Identifying the validity of the devices and tools used.
- Avoiding errors that can occur in the main experiment.
- Ensure the validity of the place in which the main experiment is being conducted.
- Knowledge of the assistant work team of the nature of the work.

Pre-tests

The tribal tests of the research sample were conducted on February 15, 2021 after implementing two initial educational units, which included an explanation of the effectiveness of discus throwing after using the ideal living model in displaying the effectiveness. Then the sample applied the effectiveness during the two educational units, and at the end of the second educational unit a Pre-tests for some physical abilities and technical performance of high jump effectiveness

Curriculum

The educational curriculum included ten educational units in addition to two introductory units, and two educational units per week. The time of the educational unit was (90) minutes, as the preparatory section generally included (20) minutes divided into three parts, the introduction and the time during the unit was two minutes, and the warm-up The general time was (8) minutes to prepare the body parts, and the special warm-up time was (10) minutes, as it included a variety of exercises that served the main section, whose time was (60) minutes because of its great importance in the single educational unit. It was divided into two main aspects. The educational aspect and its time was (20)

minutes. The skill was divided according to its stages, the standby and the forward weighted with a clip, the rotation stage with a special clip, and the stage of throwing with a clip, because of its importance to the effectiveness, because when the correct position of throwing is done, the throwing process becomes easier and more accurate, the throwing stage, the switching and balance stage with a clip for its integration. Effectively, it cannot be divided. These clips are given to individuals for the sample, and this is done through their personal devices so that they can follow up on the stages of the effectiveness and the practical side. The time was (40) minutes, and the final section took (10) minutes, interspersed with the Aren recreational with a general calming of the body, as well as a greeting of departure.

Post-tests

After the completion of ten educational units, the post test was conducted on the research sample on 23/3/2021 corresponding to Monday at nine o'clock in the morning, as the researcher was keen to create the same conditions for the test in terms of time and place and the same auxiliary work team in the pre and post-tests, tools and devices, if given Three legal attempts for each member of the sample, and at the end of the experiment, the necessary and special data on the variables investigated were extracted to be compared with the pre-test.

Presentation, analysis and discussion of the results of the pre- and post-tests for the two research groups and the performance variable

indication	measruing unit	Calculated T value	Post-tests		Pre-tests	
			p	-s	p	-s
moral	Degree	2,111	0.85	7.46	1.639	2,4

The tabular T value is (1.711) at the degree of freedom (24) and below the level of significance (0.05).

The table shows that the arithmetic mean of the skill performance of the group for the pre-test is (2.4) and with a standard deviation of (1.639), while the arithmetic mean for the post-test is (7.46) and with a standard deviation (0.85), and the value of (T) calculated to find out the differences between the two tests, the pre- and post-tests amounted to (2.111), which is a value greater than the tabular value of (1.711) at the degree of freedom (24) and below the level of significance (0.05), and this indicates the presence of significant differences between the pre- and post-test and in favor of the post-test of the skill performance of the research sample.

It is noted from the foregoing that in both tests there are recent statistically significant differences between the results of the pre and post-tests in favor of the post-test. The researcher attributes the reason for obtaining this result to the use of special educational means using modern technology to learn the effectiveness of discus throwing within the educational curriculum and its relevance to the level of the research sample through the use of these means the educational and repetitions made by the research sample during the educational stage led to the occurrence of significant differences in the level of skill performance

Presentation, analysis and discussion of the results of the pre- and post-tests for the two research groups and the achievement variable

indication	measruing unit	Calculated T value	post-tests		Pre-tests	
			p	-s	p	-s
moral	meter	4,559	4.384	15,952	3.167	11.02

The tabular T value is (1.711) at the degree of freedom (24) and below the level of significance (0.05).

The table shows that the arithmetic mean of the achievement of the research group for the pre-test is (11.02) and with a standard deviation of (3,167), while the arithmetic mean for the post-test was (15.952) and with a standard deviation of (0.85), and the value of (T) calculated to find out the differences between the two tests, the pre and posttests amounted to (4,559) which is a value greater than the tabular value of (1.711) at the degree of freedom (24) and below the level of significance (0.05), and this indicates the presence of significant differences between the pre-test and the post-test in favor of the post-test of achievement for the research sample.

It is noted from the foregoing that in both tests there are recent statistically significant differences between the results of the pre and posttests in favor of the posttest. The researcher attributes the reason for obtaining this result to the use of special educational means using modern technology to learn the effectiveness of discus throwing within the educational curriculum and its relevance to the level of the research sample through the use of these means The educational and repetitions carried out by the research sample during the educational stage led to the occurrence of significant differences in the level of achievement.

Conclusions

By discussing the results, the researcher reached the following conclusions:

1. For blended learning using modern techniques in teaching the effectiveness of discus throwing has a better effect than the methods used in teaching effectiveness among the members of the research sample.
2. The techniques that were used in the educational curriculum had a clear impact on the learning events for students of the Faculty of Physical Education, which led to the development of physical abilities and muscular-nervous compatibility, which led to a development in the level of achievement and performance of the research sample.

Recommendations

In light of the conclusions reached by the researcher recommends the following:

1. Using modern technologies to teach the effectiveness of discus throw. .
2. Diversifying the learning process and segmenting activities that are difficult to implement and understand for students

3. Emphasis on the competent authorities and the relationship with the need to provide tools and means to assist in learning, as they are more useful for different stages of learning and age groups.
4. Conducting research similar to the rest of the sporting events and skills on different level samples.
5. It is preferable that the teaching of the early educational stages be entrusted to the best specialized teachers to cover and fill the gaps in the various educational situations

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