

# THE EFFECT OF THE USE OF THE INVERTED ROW IN THE PERFORMANCE OF THE SKILLS OF THE STAND-BY HANDS AND THE FOREFOOT JUMP ON THE FLOOR MAT OF THE GYMNASTICS MEN'S

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## ABSTRACT:

*The aim of the research was to design and prepare visual and audiovisual lectures in the performance of the skills of standing on the hands and shaking hands on the front of the ground movements in the gymnastics of men as well as to recognize the impact of the use of the reverse in the performance of the skills of stand on the hands and forefoot jump in the technical gymnasium for men, The results of the study showed that there was a significant effect between the results of the tribal and remote tests. Use the inverse row of the experimental research group and for the post-test.*

**Keywords:** Back row, handsstand, forehand pouch, ground movement mat, artistic gymnastics for men.

## INTRODUCTION

In light of the evolution we are living in this era, which is the era of electronics and rapid changes that sometimes exceed the perceptions of human beings and the absorption of their minds, the most prominent of these changes is the huge change in information and electronics, as the world today in his education to e-learning because of the impact and importance on the process "E-learning has become one of the fundamentals of this age. It replaces traditional classrooms and changes the old classical teaching methods that are currently in place, so that learners will be able to learn anything they want at any time and can be brought back," said Abdel

Aziz Hamdy, 2008, p. 35. More m And more importantly, they will be able to assess what they have learned and correct errors on a continuous basis"

There are many types of modern learning that rely on the use of modern technologies such as e-learning, built-in learning, and inverted class.

This is the opposite of the educational process that can not be achieved without employing the tools of modern technology and integrating them into the educational process, given the changing characteristics, skills and conditions of the current generation of students, their possession of communication tools and various technical applications, and their ability to learn quickly. And is also one of the solutions to treat the weakness of

traditional learning and development of the level of thinking skills in the student, especially in the absorption of the skills of the series, which the student suffers initially and takes a long time to understand, the opposite row is a kind of Which includes the use of technology to take advantage of learning in the learning process, so that the teacher can spend more time in the interaction and discussion with the student after the performance, as well as the diagnosis of strengths and weaknesses in the skill while giving information about the skills, where the student watching short video presentations For lectures on the special skills of the gnostic at home and the time remains to apply and discuss the content in the lecture under the supervision of the teacher.

Hence, the importance of research in the use of the inverse class and its knowledge of its effect in the performance of the skills of stand-on hands and forefoot jump on the ground floor mat in the technical gymnastics of men, as well as addressing the individual differences of students.

As for the problem of the study, the researchers noticed that there was a significant impact in the reverse grade and the positive results that led them to apply it in the field of sports as well as the need of the teachers for this type of study especially the educational video and audiovisual media which the student lacks of its presence in the preliminary study, The researchers chose the skills of standing on the hands and the front of the front of the technical gymnasium for men because they saw the weakness in learning those skills and take a long time to learn one skill and the game is under To larger tools and teaching aids visual and audible time more concerned with learning skills, felt researchers in the application of knowledge of Inverse grade effect in learning my skills stand on your hands and jump hands forward on the carpet floor movements in the artistic gymnastics men's and address individual differences among students.

## **MATERIALS AND METHODS:**

### **Research Methodology:**

that the approach of research is "the way in which a man reaches a logical scientific method consistent with reality, to realize the truth of the facts that he does not know.

### **Search community and sample:**

The research community consisted of 192 students in the College of Physical Education and Sport Sciences - University of Baghdad, where the society was chosen in a random manner and the sample of the study was random (the lot) which is 20 students from the third stage (C). The sample of the research was 10.41% search .

### **Means of gathering information, tools and devices used in research:**

Floor Mats (1) -  
Computer type (HP) number (2) -  
Japanese - made video camera (6) -  
Sponges (5) -  
- Arab and foreign sources.  
International Information Network (Internet) -  
. – Form

### **Field research procedures:**

#### **: Exploration Experience**

The experiment was conducted on Wednesday (24/1/2018) in the gymnasium hall on a sample of its people (E) students in the Faculty of Physical Education and Sports Science - University of Baghdad, who are not involved in the application of field research procedures and from the same stage Third, the experiment should be available in the pilot conditions and conditions that will be the main experiment, and the purpose of the pilot experiment is:

- Identifying the validity of the inverted class and its suitability at the level of the sample members to avoid mistakes and obstacles that may appear during the semester.
- . Learn how to use the inverse row during the application of the curriculum -
- Ensure that students can apply the inverse class to learn the skills of standing on the hands and forefoot jump in the technical gymnastics for men.
- to identify the efficiency of the team in the experience and size and capabilities.

#### **:Main experience**

Tribal Test :-

The tribal test was held on Sunday (18/2/2018) in the Gymnasium Hall at the College of Physical Education and

Sports Science - University of Baghdad on the research sample.

- the teacher of the material who implemented the curriculum on the experimental group.

. a photographer to portray the skills of motor -

Main experience:

After the completion of the priorities of the inverted class, the researchers applied their main experience of the inverted class on Wednesday (21/02/2018) by two units (1) And within the period of time (1:30 hours) and for a period of 3 months ending on Sunday (13/5/2018), the number of educational units (24) in the second semester.

Equipment and steps required by the researchers to create a video lesson on the research skills:

Camtasia Studio is a design, integration and editing program that allows to remove errors instead of re-recording the entire video. It allows to highlight and enhance the recording content that can help the student understand as well as he can insert other videos and pictures, change the image settings, zoom Different from the screen and add the text of the explanation and also captures everything on the computer screen, if there is a movement through the pages or websites, it captures the steps of navigation, and if there is a presentation of PowerPoint or ask a set of questions, it records it and also record the sound, The researchers have registered A set of questions and put them at the end of the tutorial video.

- Microphone: Most notebooks have microphones but the external microphone feature is that it will not record the clicking sounds on the mouse pad.

- Cameras: The cameras should be used in the recording is very high in photography because of the skills of standing on the hands and the jaws of the front hands very fast, as well as shipped well to be photographed for as long as possible.

- Teaching: with the experience and specialization of the material Aljmnstk good explain the skills of research.

- Player: It is a model and a high level of performance to teach students the skills of research.

The researchers began building back-channel videos for their teaching through the video camera of the research skills, adding screen recording videos (questions), the use of a high-quality wireless microphone, and finally the program for integration, editing and final processing, thereby creating high-quality videos.

After the completion of video filming, the videos of the research skills were added according to the skill sequence in the curriculum on the sites of students in Facebook and Talkram, which meet the needs of students are known and easy to use, and is free and available to all and can be loaded on their phones in order to view them with high accuracy and As the teacher of the article has informed the students from the experimental group one week before the lecture to see the skill to be taught on the site in order to have a preliminary idea of the skill required of them and this procedure ensures that The best of the teaching time during the lecture, where the teacher can assess the level of students since the beginning of time and design new teaching tasks focused on the aspects that are difficult to understand by students, as well as supervision of their performance and provide feedback for those who still need to strengthen, and thus the levels of performance for all The students are able to watch the video at any time and anywhere and repeat it more than once. This course aims at learning the performance, satisfying the students' needs, their desires and their motivation to learn and developing their individual skills in research and surveying through the internet. Moi launched a set of questions in the video to strengthen the theoretical side of them, making the students search for opinions and answers idealism.

After learning the skill of standing on their hands, the teacher moved the article to the skill of the jump of the front hands and also been informed the students to see them and so were access to students to learn the skills of research in the classroom.

Remote tests.-

The tests were carried out on Sunday (20/5/2018) in the Gymnastic Hall for students at the College of Physical Education and Sports Science - University of Baghdad after completion of the prescribed period, and researchers as much as possible to create the same conditions as the tribal tests in terms of place and time and devices The tools used, and the team that contributed to the pre-test.

Performance evaluation:-

The researchers, in consultation with the Performance Appraisers (Appendix 2), examined the technical evaluation on the evaluation. It was agreed in advance that the two research skills were projected vertically on the direction of performance and at the right angle to facilitate the evaluation work. The researchers then

transferred it to the calculator and printed it on laser discs (Appendix 4) for the assessment of the subject teachers (Appendix 4). The researchers divided the test files as follows:

- . File No. (1) under the name of the tribal test -
- . File No. (2) under the name of the post-test -

The researchers determined the correct sequence of the sample in the tribal and remote tests to ensure that the grades of the evaluation were not confused. The researcher calculated the value of the technical performance from (10) for each skill. The researchers also

excluded the highest score and the lowest score and the computation of the intermediate mean of the expert grades, = Average of intermediate grades / 2

**:Statistical means**

The researchers used the spss bag for the purpose of achieving the research objectives:

- . The arithmetic mean -
- . - Deviation is standard
- T-test for independent samples.

**RESULT AND DISCUSSION:**

Table (1)

The results of (T) for the sample of the right in the tribal and remote tests of the skills of standing on the hands and the jump of the front hands on the carpet movements

The difference	Sig	T	standard deviation	Arithmetic mean	Skills	
moral	0.000	34.853	0.256	1.250	Tribal	Skill on hands
			0.817	7.300	after	
moral	0.000	40.193	0.372	2.325	Tribal	Skill of forehand jump
			0.591	8.175	after	

Note that the difference is significant <0,05 under the degree of freedom (19)

The experimental mean for the handshake group in the tribal test is 1,250 and the standard deviation is 0,256. In the post-test, the mean (7,300) and the standard deviation (0.817) were in the frontal jump of the tribal test (2,325) and standard deviation (0.372). In the post-test, the mean (8,175) and the standard deviation (0,591) were all significant between the tribal and remote tests of the experimental group.

Discussion of the results of (T) of the experimental research group in the tribal and remote tests of the skills of the stand-by hands and the forecourt of the hands on the floor of the movements:-

The results showed that there were significant differences between the experimental group in the tribal and remote tests. Significant progress was observed in the computational circles between the tribal and remote tests of the two skills and in favor of the post-test This leads to the imposition of research, and attributed to the researchers to the impact of the back row, which provided

an opportunity to learn and progress in performance as the opposite row enables the student to use the educational material in the form of video designed in "the time he likes and as fast as it suits (Bergmann, j., & Sams, A 2012, p133) Whether the student is quick to absorb or needs more time to absorb the material, and his contribution to a great deal in learning the performance of the skills of standing hands and shaking hands (Jafar Al-Khalifa and Mutawea Diao Al-Din, 2015, p. 272). This was confirmed by Hassan Jafar Al-Khalifa and Mutawea Diao Al-Din, 2015, p. 272, on the surface of the ground movements and helped to create an enjoyable and effective learning environment in the study and continuous follow-up and effective communication between students and students through the interactive environment of the inverse class. The inverse row "encourages optimal use of technology Modern education in the modern generation grew up in an environment full of modern equipment, tools and technology and can be

employed and benefit from education as well as stimulate social and educational communication among students when working in small participatory groups.

The reverse class is also the basis of the modern learning model as it has an effective role in reducing the burden of teaching during the lecture as well as helping the student to learn the basic skill better and enable him to know the correct direction of the motor track through the effects in the video with the correct form of performance and shape of the body during The process of performance, and reduce the errors that may occur during the performance of skills, as the reverse row avoids the student to be in error, and help him to perform skills easier and enhance the confidence of the student himself and his abilities, especially in the first successful movements of performance, The student and the teacher, whether through social networks or during the application of skills, and this is what Hanan bint Asaad, 2015, p. 172 pointed out that the "reverse grade" builds a good relationship and better communication between students themselves and students and teaching through social networks The researchers also agree with Hoda Idan (2018, p. 38) that "it helps to build a stronger relationship between the teacher and the student and creates an environment of cooperation between the students in the lecture." The researchers also agree with Overmeer (2012) pp46- 47) that the inverted class videos have a significant positive effect in the process of learning the performance of m And to take into account the individual differences of feedback provided by them at any time and anywhere and support their memory kinetic everything you need for the performance of the motor as well as the absorption and learning at the speed that suits them, especially that there are students who feel embarrassed by the request to return the performance of motor skills by teaching more than once or Requesting the return of performance from other students may be incorrect, incomplete or unclear. The student here has the option to pause the video and re-watch it more than once until the goal of learning is achieved.

So researchers see that the back row offers performance more easily and easily and makes the learning process more attractive and effective and helps to prolong the lecture time for performance as it increases the time of academic education, allowing students to repeat more than once to optimize their performance,

Students and raise their interest and suspense and makes the learning process meaningful and allows the student to see the performance well by introducing it in a new and interesting template that meets the wishes and needs of the current era, as well as out of the typical and familiar in learning the basic skills of technical gymnastics in Iraqi universities.

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