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The effect of active education with a combination inside and outside the cooperative circle in learning the skills of high bounce and shooting from stability in basketball for female students

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Abstract

Recent studies and research concerned with the components of the educational process have been concerned with modern teaching, as for the problem. The two researchers tried to delve into this experiment by using active learning during the lesson to reach the learners to an advanced skill level for some basketball skills and the goal is to prepare educational units, to identify the effect of educational units, active learning in combination inside and outside the cooperative circle, to learn my skills of high bounce and shooting from stability in basketball For the female students, either the research methodology, the two researchers used the experimental approach by designing (two equal groups) due to its relevance to the nature of the research problem. The basket for female students and recommendations Conducting studies for other teaching strategies and for different sports (individual - team)

Keywords | active learning, high bounce, shooting from stability

Introduction:

The philosophy of teaching physical education emphasizes preparing the student to adapt to his society and environment, solve his problems and prepare him for the future life. The number of female students is only done by harnessing the scientific material as a means of developing and inculcating the direction of anticipating change, the change that aims to develop the student and solve his problems, and this requires emphasis on (the effectiveness of science), that is, an emphasis on interest in science as a method of learning and the practice of different skill processes.

Strategies that are based on the philosophy of constructivist theory and active learning is a style of teaching that depends on self-activity and the positive participation of the learner through which he may conduct research using a range of activities and scientific processes such as observation, setting hypotheses,

measurement, data reading and conclusion in order to reach the required information himself and under the supervision and guidance of the teacher Evidence indicates that active learning makes students able to acquire specific skills and knowledge. The strategy inside and outside the circle is one of the effective modern strategies, that is, it works to spread the spirit of interaction and enthusiasm among the learners, knowing different behavioral patterns, developing the ability to express opinions, removing the barrier of embarrassment and shyness for some, accelerating and consolidating learning, giving students courage, motivation, self-confidence, and developing developmental thinking. Inside and outside the circle, it is important and effective in the areas of physical education, that is, it enables the development of social and cognitive relations, strengthens confidence (4), fixes information

easily in the mind, makes it easy to retrieve it, the ability to face problems, and develop reactions towards changing situations, so it is compatible with games that have a changing and rapid rhythm and an open environment, and it is important to understand Objective Efforts have been devoted through the use of modern strategies and their effective role in sports activities and the development of events, especially students, to improve the scientific aspect of the importance and role of basic skills in basketball (6), and that the information that the student receives is theoretical and practical and does not remain in memory for a long time as a result of focusing on only memorizing facts and concepts as a theoretical subject Whether it is material Skills, law, or game plans in schools. Therefore, the two researchers decided to active learning in a combination inside and outside the circle that could be more informative and knowledgeable by resorting to asking questions and answering and activating the role of active learning in a combination inside and outside the circle by participating in the scientific activity and consolidating the information with the student Therefore, she devoted her efforts to delve into this problem because of its importance in the process of learning skills in basketball for the student. Basketball, the research aims to prepare educational units with active learning in a combination inside and outside the cooperative circle to teach the skills of high bounce and shooting from stability in basketball for female students, identifying the effect of educational units with active learning in combination inside and outside the cooperative circle on teaching my skills of high bounce and shooting from stability in basketball for female students. High bounce and correction of stability and in favor of the post tests, there are statistically significant differences in the post tests between the experimental and control groups and in favor of the experimental group.

Method and procedures:

The two researchers used the experimental approach by designing (two equal groups), the experimental and the control, to suit the problem.

The success of any study in scientific research depends on defining the community and selecting the appropriate sample for the type and objectives of the study, and after the two researchers confirmed the curriculum for the preparatory stage with basketball, the two researchers identified the research community of the fifth preparatory students in Al-Furat Al-Awsat Private Secondary School in Babil Governorate, whose number is (40) students for the year (2022-2023), and this community was chosen not to conduct research in the school in advance and to show welcome from the school administration, and the main experiment community was determined by the comprehensive enumeration method, and the research sample was the fifth preparatory students, numbering (40) students, and they were chosen by the intentional method, and they were divided into two groups (control and experimental)

As the first group was (16) students, which represents the experimental group, which works according to the curriculum prepared by the two researchers in a cooperative learning method, according to a combination inside and outside the cooperative circle. The first group, numbering (16) students, represents the control group, which works according to the method of the subject teacher followed. The two researchers conducted Equivalence among the members of the two groups, and the exploratory experiment (8 students) in Table No. (1) illustrates the equivalence.

Table (1)

shows the statistical parameters (the arithmetic mean, the standard deviation, the calculated (t) value and the significance of the differences between the experimental and control groups in the pre-tests

statistical transactions test name	measruing unit	experimental group		control group		calculated (t) value	significance Level	Significance
		A	STD±	A	STD±			
High bounce	Second	17.54	0.42	17.37	0.38	0.97	0,280	Insigne.
Free throw shooting	Score	10.20	2.30	11.10	3.48	0.68	0,806	Insigne.

Degree of freedom (n-2) (32-2=30) and level of significance (0.05)

The tools used are the following scientific means to collect information: (interview, observation, questionnaire, tests) the opinions of the experts in the field of teaching basketball, a basketball questionnaire, a basketball court (a Dell laptop, a Pentium 4), a laser printer, a type 2900 Canon, (6 Sony) stopwatches, (20) plastic cones (20), 10 basketballs/2 whistle) - the straight high bounce test (20 meters) (2) the free throw test (7) The two researchers conducted pre-tests before starting the educational curriculum, and they included tests on Thursday at ten o'clock in the morning on 10/27/2022 in their private halls (5). The educational curriculum prepared by the two researchers was applied to the experimental group, cooperative learning, with a combination inside and outside the cooperative circle, and the steps "inside and outside the circle" (3). The teacher divides the students into four groups. Each two groups form an inner circle and an outer circle. Face-to-face. The teacher gives the students of the inner circle cards that contain questions and their answers on one side of the card. Each student in the inner circle asks a question to the student who meets him, then the outer circle moves in the same way to ask each student again. The outer circle continues to rotate until the cycle is completed. The

teacher asks who Students exchange roles between the internal and external groups with the same cards and the questions set. In addition to the control group, to which the curriculum approved by the subject teacher was applied (9). The educational curriculum is ((a plan that must be followed, and the physical education program is a planned set of experiences that its participants practice through sports activities (1) Therefore, an educational curriculum for education was prepared for the members of the experimental group, after the two researchers looked at a set of resources. Scientific research and benefit from experts in this field. The two researchers prepared educational units.

The curriculum included (5) weeks, (10 units), with two educational units per week, with a time of (50) minutes per educational unit, according to the time of the educational lessons. The two researchers conducted the post-tests for his research sample (the experimental group and the control group) on Monday 7/12/2022, and he followed the same method that he used in the pre-tests, after completing the prescribed period of the experiment, which lasted 8 weeks. The two researchers were keen to find all the conditions for the pre-tests and their requirements when Conducting post-tests in terms of time, place and means of testing.

Results:

Table (3)

It shows the pre and post results of the experimental group in basketball tests (high bounce- free throw shooting)

statistical transactions test name	measruing unit	Pretest		Post-test		calculate d (t) value	significance Level	Significance
		A	STD±	A	STD±			
High bounce	Second	17.37	0.38	16.87	0.39	4.88	*0.000	Sign
Free throw shooting	Score	11.10	3.48	16.70	3.75	5.16	*0.000	Sign

Table (4)

It shows the pre and post results of the control group in the tests (high bounce- shooting free throw) in basketball for female students.

statistical transactions test name	measruing unit	Pretest		Post-test		calculate d (t) value	significance Level	Significance
		A	STD±	A	STD±			
High bounce	Second	17.54	0.42	17.25	0.33	1.44	*0.012	Sign
Free throw shooting	Score	10.20	2.30	10.60	1.51	0.71	*0.003	Sign

Table (5)

It shows the post-results of the experimental and control research groups in the tests (high bounce- free throw shooting) in basketball for female students.

statistical transactions test name	measuring unit	Control		experimental		calculated (t) value	significance Level	Significance
		A	STD±	A	STD±			
High bounce	Second	17.25	0.33	16.87	0.39	5.60	*0.004	Sign
Free throw shooting	Score	10.60	1.51	16.70	3.75	5.51	*0.000	Sign

Discussion:

It can be seen from the results in tables (3-4-5) that it had a positive effect on learning the skill (high clapping - shooting free throw) in basketball for female students, meaning that there are significant differences between the post-tests of the control and experimental groups and in favor of the experimental group. The experimental group in testing basketball skills for skillful cognitive achievement due to the use of a combination inside and outside the cooperative circle (10), which contributed to the development of the skill side of the students (16). This method also succeeded in removing the students' feeling of boredom in their learning in the traditional method because it makes the students in a continuous response during the educational process and makes the lesson more suspense as well as arouse purposeful and vital self-activity on the part of the learners, and this is not available in the traditional method (explanation and presentation) (11), and in this regard, "Mohammed Hassan Allawi" indicates that educational media, if used well, will be An effective way to stimulate activity and vitality in the learner, as it is one of the methods that works to increase motivation towards the practice of motor activity and increase effort

and self-confidence, which dyes the educational situation in the classroom. Pleasant emotional language (12).

Perhaps the most prominent of these is the adoption of active learning and its centering around the role of the student and not the role of the teacher, as is the case in the usual method. As the student is the one who reads the text and asks the questions and he is the one who answers them (13), and all this is done under the supervision of the teacher and his guidance to the students during the class session, which raises the level of the student's self-confidence (14), his practical capabilities and his cognitive abilities related to the skill, and all of this leads to raising the level of competence among the students (15). Unlike what happens in the regular class, in which the students rely on the teacher to teach the content of the lesson (8)

Conclusions:

The following conclusions were reached: The instructional design of active learning contributed to the development and teaching of the skills of high clapping and shooting from stability in basketball for female students in the experimental group.

The control group achieved a "remarkable" amount in teaching the skill of high clapping -

shooting the free throw (basketball for female students).

Active learning in a combination inside and outside the circle is the best type of strategy used according to the results of my high-pitched skills - shooting the free throw in basketball for female students

The two researchers recommended:

1- Through the application of active learning in a combination inside and outside the different circle, it is possible to formulate appropriate educational steps for the students in the light of the students' readiness and available capabilities.

2- Conducting studies with other different combinations and for different sports (individual - team).

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اثر التعليم النشط بتركيبية داخل وخارج الدائرة التعاونية في تعلم مهارتي الطبطبة العالية والتصويب من الثبات بكرة السلة للطالبات

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لقد اهتمت الدراسات والبحوث الحديثة التي تعنى بالمكونات العملية التربوية بالتدريس الحديث اما المشكلة حاولت الباحثتان في الخوض بهذه التجربة باستخدام التعلم النشط خلال الدرس للوصول بالمتعلمين الى مستوى مهاري متقدم لبعض مهارات كرة السلة والهدف أعداد وحدات تعليمية، التعرف على اثر الوحدات التعليمية، التعلم النشط بتركيبية داخل وخارج الدائرة التعاونية، تعلم مهارتي الطبطبة العالية والتصويب من الثبات في كرة السلة للطالبات اما منهج البحث استخدمت الباحثتان المنهج التجريبي بتصميم (المجموعتين المتكافئتين) لملامته طبيعة مشكلة البحث، مجتمع البحث المرحلة الإعدادية في ثانوية الفرات الأوسط الاهلية في محافظة بابل والبالغ عددهن (40) طالبة أما الاستنتاجات قد أسهم بشكل ايجابي في الاختبارات البعدية في تطوير مستوى الأداء المهاري بكرة السلة للطالبات والتوصيات إجراء دراسات لاستراتيجيات تدريسية أخرى ولألعاب رياضية مختلفة (فردية – فرقية)

مستخلص البحث

التعلم النشط، الطبطبة العالية، التصويب من الثبات

الكلمات المفتاحية