المؤتمر الدولي العلمي الثاني
الرياضة من أجل الصحة والتنمية المستدامة
P-ISSN: 1992-0091
E-ISSN: 2708-3454
Modern Sport
Published 30/04/2024
Open Access
DOI: https://doi.org/10.54702/5znrvk84

The effect of using the individual competition method in learning the skills of chest passing and free throw in basketball for students

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Received: 04/02/2024, Accepted: 21/02/2024, Published: 30/04/2024

Abstract

The world has benefited from modern technologies in education, and people are racing to innovate and obtain modern educational methods. Teaching methods and methods of learning developed rapidly as a result of great scientific progress, and countries around the world began to compete with each other to reach what is new and advanced and serves the educational process quickly. Hence the necessity of using the method of individual competition and its practical applications, and by using this method to teach skills. Basketball and through skill tests to determine its impact on learning the skills of passing and the basketball free throw, as an educational method that ensures good use of those motor skills and employing them in the sports field by comparing it to the method used in college. The individual learning method also contributes to identifying the optimal investment of time in academic learning. The research aimed to find out: the effect of using the individual competition method in learning the skills of passing and free throw in basketball. The researcher used the experimental method by designing two equal groups and representing the research community, and he recruited students from the second stage in the College of Education. Physical Education - University of Kufa, and through the results that were reached, there were significant differences between the pre- and post-test for the research sample, as well as significant differences in the post-tests, and the superiority of the experimental group over the control group. The most important conclusions were that the individual competition method achieved its goals in learning the tackling and free throw skills. The recommendations included emphasizing the use of the individual competition method, which achieved its goals in learning the tackling and free throw skills for students, because it is a method that is consistent with the nature of basketball skills. Conducting similar studies in academic stages. Other and different games.

Keywords | **educational curriculum, individual competition method, passing and free throw skills.**

Introduction:

The development witnessed by the modern educational process began to directly affect learning and teaching programs, and it worked to make all countries of the world work to modernize their educational programs to suit the developments of the times, by revealing new relevant trends. The nature of the learner, his growth, and the development of learning and teaching programmers. The teaching educational process is nothing but continuous relationships that arise between the teacher and the student learner and help learning and development because the learner participates in a specific activity or event through what the teacher does and the interaction between them. One of the scientific foundations that enhance learning basic skills is the teaching method followed by the teacher in the physical education lesson, as teaching methods are one of the important factors that affect the effectiveness of learning, and the individual competition method is the teaching method that stimulates learners' motivation towards better performance in order to achieve excellence. In addition, collecting the reward, because this method provides an educational environment that helps to achieve the best learning and the use of this method is done

through duties placed on the teacher and the learner to fulfill the duties of the method, and thus the physical education lesson results in learning skills and reaching the desired goal. Basketball is considered one of the exciting group games that players love because of the excitement, speed, and suspense it brings because of the development of the players' level physically, skillfully, and tactically, which made those in charge of it "call it the game of basketball." "The game of multiple talents," as it requires high mastery of basic individual skills on the one hand, and coordination of work with team members. One on the other hand. From the above, the importance of research in preparing a curriculum using the individual competitive method and knowing its impact on learning the skills of passing and free throw in basketball for students becomes clear. The researcher hopes that this study will serve as a helping hand to the teaching brothers in order to improve the sports movement in the service of our educational institutions. Despite the fruitful results achieved by the efforts of scientists, experts and specialists in teaching methods and techniques, the teaching process still depends on traditional methods of teaching and developing motor skills. From a general view of the nature of providing physical education lessons in schools and colleges, a fundamental problem emerges related to the lack of diversity in the curricula used. Relying on the traditional method. This results from the weak ability of physical education teachers to deal with modern science, which created a situation that is not compatible with the nature of scientific development witnessed in the sports arena in general and basketball in particular. In addition to the presence of a clear weakness in the level of performance of offensive skills in basketball, he concluded that we need new methods that are easy to apply practically to reach the teaching process to advanced stages and highlight sports competencies and talent development. Hence, the researcher sensed this problem and prepared an educational curriculum according to the individual competition method to learn the skills of passing and free throw in basketball on a sample of second-year students at the College of Physical Education at the University of Kufa, in a humble effort to make the teaching process a success and keep pace with the scientific development of this game. The aim of the research was to identify the preparation of an educational curriculum according to the individual competitive method to learn the skills of tackling and the free throw in basketball for students, and to know the effect of the educational curriculum according to the competitive method in learning the skills of tackling and the free throw in basketball , and identifying the differences between the experimental and control groups in the post-post-tests for the research variables, and the educational curriculum according to the individual competition method has a significant effect on learning the skills of breaststroke passing and free throw in basketball for students.

Research fields:

- Human field: Students of the second stage / College of Physical Education / University of Kufa
- Time field: (23/1/2022) to (29/1/2023)
- Spatial field: The indoor basketball hall in the college

Method and procedures:

One of the most important steps on which the success of research depends is choosing the appropriate method to solve the problem. (Akram) referred to the method as "the method that an individual follows until he reaches a specific goal" (3). Since scientific research has identified many approaches that are compatible with the nature of any scientific problem that requires study and research, this gives the researcher the freedom to choose the approach that is compatible with his research problem. Accordingly, the researcher used the experimental method on which it is based, and this is what (Hassan and Suzan) confirmed: "dependent and controlled change in the specific circumstances of an event, and observing and interpreting the changes resulting from the event itself" (4). In the experimental design method, "the experimental and control groups" are equal in all factors that may affect the dependent change, except for one factor, which is "exposure to the independent variable." The research sample is considered one of the necessities of scientific research, as the researcher must choose the research sample so that this sample accurately represents the original

community. Accordingly, the researcher identified her research community with the students of the second stage in the College of Physical Education and Sports Sciences at the University of Kufa, who numbered (60) students, and the research sample was determined. Through lottery, the number of students reached (20) and they were divided equally into two groups, control and experimental, so that the percentage of the sample to the total number of students became (33.33%).

Table .1 shows the homogeneity of the sample in terms of age, Length, and Mass

Variables	Measuring unit	Mean	Median	Std. Deviations	Skewness	Result
Length	Cm	169.75	169	1.879	0.392	Homogeneous
Mass	Kg	70.813	69.5	1.663	0.355	Homogeneous
Age	Year	19.8	19	0.722	0.223	Homogeneous

In order to reach a single and equal level for the research sample and to avoid variables that might affect the results of the research in terms of individual differences existing between students, the researcher conducted homogeneity on his research sample by taking the variables (age, Length, Mass) and then statistical treatments of these variables were carried out using a law the skewness coefficient, where the values were limited to (+3), indicates the good distribution of the sample and its moderate spread within each group, and Table (1) shows this.

The researcher used Arab and foreign sources. Personal interviews. Expert opinion survey form. Working Group. Tape measure in centimeters. Scale for measuring weight, type (Seca). Basketballs (20). Signs. Electronic stop watches to measure time (2). Electronic calculator, type (Casio). Tests and measurements.

Tests:

Free throw test (5) (Yasar):

- Test objective: Measure free throw skill.
- Devices and tools used:
  - Basketball goal.
  - Basketball, (15) balls.
- Method of performance: Each laboratory has twenty free throw attempts performed from the starting line. The laboratory must perform free throws using any shooting method, provided that the throws are performed in the form of four groups, with each group having five throws. After completion, the next laboratory begins. And so on until it is the turn again to perform the second set of throws, and so on until the twenty throws are performed.
- Test conditions:
  - The laboratory can make some corrections before starting the test as an experiment.
  - Each laboratory has the right to perform twenty throws.
  - The shooting must be done from behind the free throw line.
- Register:
  - One score is counted for each successful shot, regardless of how it entered the basket.
  - If the ball does not enter the basket, a zero is scored for that.
  - The maximum score is twenty, with only one score for each successful throw.

Passing Test (1) (Ali):

- Test name: Passing the ball and receiving it toward the overlapping circles on the wall from a distance of (5 m).
- Test objective: Measuring the skill of direct chest passing toward the goal
- Tools needed: smooth wall, two (2) legal basketballs, measuring tape, chalk, non-elastic rope, and nail to mark the common center of the three circles.
- procedures:
  - Draw three overlapping circles on a smooth wall using chalk, non-rubber rope, and a nail as a common center for the three circles.
  - The diameters of the overlapping circles are arranged from the small circle to the large circle as follows:
  - The diameter of the small circle is (45 cm), the diameter of the medium circle is (98 cm), and the diameter of the large circle is (150 cm). The lower edge of the large

circle is 90 cm away from the ground. Draw a line on the ground at a distance of 5 m from the smooth wall facing it.

Performance description:

- The student stands directly behind the start line while holding the ball in his hands.
- Each player has the right to perform only one breaststroke passing for training before the performance.
- The student begins passing the ball in overlapping circles using both hands (direct chest passing).
- The student continues to repeat the performance for (10) direct and consecutive chest exercises.
- The student must not cross the line drawn on the ground.

- Test administration:
  - A recorder calls the names first, and records the results of the passing sessions second.
  - An arbitrator stands near the student to ensure the accuracy of the performance and counting.
- Register:
  - (3) marks are awarded for each direct chest tackle in which the ball hits the small circle.
  - Two points are awarded for each direct chest tackle in which the average ball is hit.
  - One score is awarded for each direct chest tackle in which the ball hits the large circle.
  - The maximum score for the test is (30) points.

Exploratory experiment:

The researcher conducted the exploratory experiment on Monday, November 6, 2023, on a sample of the research community, which numbered (4) students. The purpose of the survey was to identify the difficulties facing the researcher during the implementation of basic skills tests.

Pre-test:

Pre-tests were conducted on the research sample, which fell on Wednesday 11/8/2023. The test was conducted in the closed college hall, and all the conditions for the tests were fixed. The tests were explained before application so that the sample members could understand the tests, try to apply them, and take the time. Enough to conduct a warm-up, and all testing supplies were prepared and the assistant work team was present. The test results were recorded according to the specific instructions for each test.

Main experience:

After benefiting from conducting the exploratory experiment and preparing the lesson requirements in all technical aspects of the educational units, the educational curriculum was implemented on Sunday, 12/11/2023, until Monday, 12/1/2024.

Thus, the total number of educational units became (16) units, two units per week for a period of (8) weeks. They were taught by focusing on the applied part of the main section, as students are taught in the educational part of this section, with the teacher performing a model himself accompanied by an explanation representing the parts. He focuses on the technical aspects of its performance and common mistakes, and performs the presentation normally.

In the applied part, the role of the teacher is the supervisor, recorder, and judge of the students' performance. He works to stimulate the students' motivations and enhances dedication and respect among them.

It also explains to the students the educational objectives. In this part, the students perform three activities. Each activity is allocated 5 attempts. The students compete to perform them individually. These attempts are divided as repetitions at the same time to suit the group of students, the time of the applied part, and the number of educational activities. It is also taken into account. In this part, the students performed one student after another, and the researcher designed a scoring form for these activities. The teacher marks the successful attempts (the scoring form was presented with the educational curriculum to the experts), then at the end of the main section, the teacher collects the points related to the students' performance. The student who collects the most points will be rewarded with a material reward represented by (a sports medal, a referees' whistle, a ribbon attached to the chest), and the teacher takes into account the provision of immediate moral reinforcement in

every successful attempt represented by (praise and encouragement).

Post-test:

The researcher conducted the post-tests on Thursday, 14/1 2024, in the closed hall inside the college, after completing the implementation of the educational curriculum, with educational units amounting to (16) units. The researcher provided the same conditions in which the pre-tests were conducted.

Statistical processors:

The researcher used statistical analysis (SPSS) to process and extract data.

- Arithmetic mean.
- Standard deviation.
- Standard error.
- Test (t).

Results:

Table .2 shows the results of the pre- and post-tests for the control group on the variables investigated

Variables	Measuring unit	Pre-test		Post-test		T value Calculated	Level sig	Type sig
		Mean	Std. Deviations	Mean	Std. Deviations			
Passing test	Degree	4.12	0.831	11.42	0.883	10.112	0.000	Sig
Free throw test	Degree	13.11	0.977	22.83	0.865	12.066	0.000	Sig

Table .3 shows the results of the pre- and post-tests for the experimental group on the variables investigated

Variables	Measuring unit	Pre-test		Post-test		T value Calculated	Level sig	Type sig
		Mean	Std. Deviations	Mean	Std. Deviations			
Passing test	Degree	6.34	1.061	11.42	0.883	6.112	0.000	Sig
Free throw test	Degree	19.72	0.915	22.83	0.865	4.045	0.000	Sig

Table .4 shows the results of the post-tests for the control and experimental groups on the variables investigated

Variables	Measuring unit	Pre-test		Post-test		T value Calculated	Level sig	Type sig
		Mean	Std. Deviations	Mean	Std. Deviations			
Passing test	Degree	3.45	1.076	6.34	1.061	4.922	0.002	Sig
Free throw test	Degree	12.22	0.993	19.72	0.915	9.623	0.000	Sig

Discussion:

Through Table (2), significant differences appeared between the pre-test and post-test for the control group in the tests used under research and in favor of the post-test. The researcher attributes these differences occurring for the control group to the fact that the educational method used by the teacher in the followed curriculum led to the emergence of these differences between the pre-test and post-test for the group. control and in favor of the posttest. (Lotfy) confirms that the basis of the learning process for the skill aspects is the learner's acquisition of a set of skill abilities to enable him to reach a good level of performing the skill to be learned, as achieving and acquiring the best degrees of proficiency in educational situations is due to the educational curriculum because it is a way to organize the academic material on the basis of Gradual steps so that the learner can acquire them easily (2).

The results of Table (3) also showed significant differences between the pre-test and post-test for the experimental group in the tests used under research and in favor of the post-test. The researcher attributes this improvement in learning to the use of the individual competition method in the educational curriculum that the students received, taking into account the gradual

progression of compatibility in motor learning in a way It is organized according to scientific foundations and the type of applied exercises, and the students' performance is not restricted except by the number of attempts and the accuracy of the goals set for them. The researcher also attributes the emergence of these results to the type of competition used in this study (indirect and individual), which is compatible with learning the basic skills of each student, and that this method created an educational environment for the students in which they exerted their maximum energies to reach the goal of the competition and thus perform correctly. Because the performance of each student was not related to the failure or success of his peers. The researcher also attributes the emergence of these results to the motivation to avoid failure and the motivation to excel and succeed, and to the great arousal of these motivations through individual competition among students. The researcher also attributes this learning of the experimental group (individual competition method) to the moral reinforcement or reinforcement that follows correct attempts, which the student can also perform after each attempt and the performance of his colleagues, and the material reinforcement represented by (rewards) provided by the teacher at the end of the educational activities, which are The goal of the competition for students. (Wadih) states, "Individual competition occurs when an individual strives to achieve a goal and the success or failure of his achieving the goal does not depend on other individuals, and does not require a struggle between two or more individuals (comparative competition)" (6).

A study (Nadeema et al.) indicated" Through the results, conclusions were reached, the most important of which is the preference for the experimental group in the applied exercises for metacognitive education used in the educational curriculum for performance, which had an effective role among the members of the experimental group". (7). A study (Suhar) indicated Some of the significant results found in this study are the presence of statistically significant differences between the pre and posttests of the experimental and control groups in mental motivation and learning the skills for the aforementioned skills. The papers found the necessity of conducting a study-divided method of education in other stages of study and searching for new and diverse methods in proportion to each of these stages. (8).

Conclusions:

- Using the individual competition method increased students' motivation to learn basic basketball skills.
- There is a positive effect of the individual competition style on learning the skills of passing and free throws in basketball between the two groups in the post-test and in favor of the experimental group.
- Explaining, presenting and applying the skills in the educational and applied parts in the main part of the educational unit has clearly contributed to learning them.

Recommendations:

- Work on holding seminars and workshops for students and teachers to explain the nature of the flipped learning strategy and its dimensions.
- Using other educational methods that use modern technology on different samples.
- Conducting studies similar to the current study in which the individual competition method is used for both genders (males - females) and at all educational levels (primary - secondary - university).
- Using the individual competition method for learning.

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Appendix (1)
Educational unit model

Unit sections	time	Activities and events		notes and evaluation
Preparatory section	8minute	introduction (administrative part)	Students attend and bring devices and tools	Emphasize order when going out into the yard
General warm-up	2minute		Run, jumping on the spot, touching the ground left and right, walking.	
Physical exercises Arm and torso exercises Leg exercise Concluding section	6minute	To develop among students group and pair work with colleagues Developing strength and speed Development of explosive power	(Standing, open, back to back with a teammate and passing the ball from the side) twisting the torso (10) times Stand with your legs open and interlock your arms with your colleague by pulling and pushing your arm 10 times Standing jump by bending and extending the knees up (10) times. (Standing, hands clasped) with the colleague, bending the knees completely, reaching the sitting position facing the colleague, then extending them (10) times.	Observing the students' performance and correcting the performance Emphasis on bending and extending the legs upward Emphasis on sitting on the seat to achieve good performance
main section is educational activity	80minute 15minute 65minute		Teaching female students the details of the bra passing skill, using the comprehensive explanation by the school and the performance of the demonstration and skill by one of the female students.	Pay attention to the technique of performing the dribbling skill in terms of bending the knees, keeping the ball close to the body,

				and focusing on the opponent.
Applied activity			Applying the Pectoral Communion model in front of the female students by the school, then by a female student, and dividing them into groups to perform the Pectoral Communion. Pectoral passing exercise from standing (5 seconds) 10 times Pectoral passing exercise by jogging with a partner (5 seconds) 10 times Pectoral passing exercise from the movement (5 seconds) 10 times	A comprehensive explanation of some exercises when performing them, along with giving feedback and emphasizing proper performance and correcting errors
Concluding section	2minute	A little game for recreation	Perform the sports salute and then leave	Leave quietly

اثر استخدام اسلوب التنافس الفردي في تعلم مهارتي المناولة الصدرية والرمية الحرة بكرة السلة للطلاب

سرى كاصد حسن
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مستخلص البحث

لقد استفاد العالم من التقنيات الحديثة في التعليم، وأصبحت الشعوب تتسابق في الابتكار والحصول على وسائل التعليم الحديثة. اذ تطورت طرق واساليب التدريس وطرق التعلم بشكل سريع نتيجة التقدم العلمي الكبير، وبدأت الدول حول العالم تتنافس فيما بينها للوصول إلى ما هو جديد ومتطور ويخدم العملية التعليمية بشكل سريع , ومن هنا جاءت ضرورة استخدام اسلوب التنافـــــس الفردي وتطبيقاته العملية ومن خلال استخدام هذا الاسلوب لتعليم مهارات كرة السلة ومن خلال الاختبارات المهارية لمعرفة تأثيرها في تعلم مهارتي المناولة والرمية الحرة لكرة السلة , كأسلوب تعليمي يضمن حسن الإفادة من تلك المهارات الحركية وتوظيفها في المجال الرياضي من خلال مقارنته بالأسلوب المتبع في الكلية . كما يسهم اسلوب التعلم الفردي على في التعرف على استثمار الوقت التعلم الأكاديمي الأمثل , هدف البحث إلى معرفة : تأثير استخدام اسلوب التنافـــــس الفردي في تعلم مهارتي المناولة والرمية الحرة بكرة السلة , واستخدم الباحث المنهج التجريبي بتصميم المجموعتين المتكافئتين وتمثل مجتمع البحث وعينته بطلاب المرحلة الثانية بكلية التربية البدنية-جامعة الكوفة , ومن خلال النتائج التي تم التوصل لها بوجود فروق معنوية بين الاختبار القبلي والبعدي لعينة البحث وكذلك فروق معنوية في الاختبارات البعدية وبتفوق المجموعة التجريبية على الضابطة. وتمثلت اهم الاستنتاجات بأن اسلوب التنافس الفردي قد حقق أهدافه في تعلم مهارتي المناولة والرمية الحرة , وتمثلت التوصيات بالتأكيد على استخدام اسلوب التنافس الفردي قد حقق أهدافه في تعلم مهارتي المناولة والرمية الحرة للطلاب لكونه أسلوب ينسجم مع طبيعة مهارات كرة السلة .وأجراء دراسات مشابه على مراحل دراسية أخرى وبألعاب مختلفة .

الكلمات المفتاحية | **منهج تعليمي ، اسلوب التنافس الفردي ، مهارتي المناولة والرمية الحرة.**