



## EFFECT OF SELF-LEARNING ON THE ZAHURIK MODEL IN TEACHING SOME KINETIC SKILLS IN TECHNICAL GYMNASTIC FOR WOMEN 5-7 YEARS

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Article history:	Abstract:
<p><b>Received</b> 7<sup>th</sup> August 2022 <b>Accepted:</b> 8<sup>th</sup> September 2022 <b>Published:</b> 11<sup>th</sup> October 2022</p>	<p>The importance of research came to emphasize the importance of moving learning methods, including self-learning on the Zahurik model and its role in learning motor skills in your artistic technical gym for an age of 5-7 years. The activities of your jurisdiction, including difficult kinetic skills in app and multiple learning methods and models have not given educational indicators that rise to the level of education and help the learner and move away from worrying and therefore the workout of the right educational method, including the Self-learning method on the Zahurik model, possibly exit This is considered a research version that has been discovered through the experience of modest researcher with motor learning and a game in the mandate of the kinetic skills.</p> <p><b>The most important objectives were:</b></p> <p>1 - Identify the effect of self-learning on the Zahurik model in teaching some kinetic skills in your technical garden for women with an age of 5-7 years.</p> <p><b>Conclusion was reached:</b></p> <p>1. Self-learning is based on the Zahurik model achieved the search objectives in teaching some kinetic skills in your artistic technical gym for an age of 5-7 years. 2. Providing supportive and encouraging educational environment for teachers to use appropriate educational models in the learning process, especially in your garden for women</p>

**Keywords:** Self-learning ; Zahurik Model; Technical Gymnastic

### 1 - DEFINITION OF RESEARCH:

#### 1-1 Introduction to research and importance:

Communities promotes through attention to educational and scientific aspects to build a learner generation capable of creativity and thinking. Education plays in general, physical education and sports sciences in particular a major role "in the reflection of community institutions with teachers capable of leading health, sports and correct performance in the implementation of physical and skilled performance of various sports, (Mohsen, D, 2015 ) "The modern educational orientation of education and learning is made by giving the actual role of the teacher in the design of useful" educational attitudes and intelligent management class management with modern technologies and educational methods that contribute to building an educational system taking into account the role of teaching and moving learning in the mental building processions .

There is a firm relationship between the educational and model that is carried out by the output of an educational environment. The appropriate educational form is selected in educational scientific principle in building the educational personality as in physical education colleges and sports sciences that are one of the most important educational institutions. In their field of specialization.

(Fadel Khalil: 2010) "Teaching models take multiple paths, but they are collected by common denominations because they are a source of social interaction between learners within the class, and as an issue to address the personal information and experiences of the educated individual, as well as an amendment to the behavior of learners in accordance with certain strategies," Fadel : 2010).

The researcher agrees with the opinion (Mustafa al-Kasswani.: 2007:)"Due to multi-teaching models, the Zahurik model is one of the modern models, which achieved an advanced level of education in various individual sports and jurisprudence", Several assumptions were presented around the view of knowledge and learning. Depends on the active information, acquisition of information, understanding information, use information, thinking about information. (Yasin & Zainb: 2012:)

The activities of your jurisdiction, including difficult kinetic skills in app and multiple learning methods and models have not given educational indicators that rise to the level of education and help the learner and move away from worrying and therefore the workout of the right educational method, including the Self-learning method on the Zahurik model, possibly exit .

**1- 2 Research problem:**

This is considered a research version that has been discovered through the experience of modest researcher with motor learning and a game in the mandate of the kinetic skills. Hence, the importance of research was to emphasize the importance of moving learning methods, including self-learning on the Zahurik model and its role in learning motor skills in the technical garden for women with an age of 5-7 years

**1-2 Research objectives:**

- 1 - Identify the effect of self-learning on the Zahurik model in teaching some kinetic skills in your technical garden for women with an age of 5-7 years.
2. Identify the differences between the results of tribal and diminishing tests and for both control and experimental groups in teaching some kinetic skills in your technical garden for women with an age of 5-7 years.
3. Learn about the differences between the control and experimental groups in teaching some motor skills in your technical garden for women with 5-7 years

**1-4 Research hypotheses:**

1. There are significant differences between the results of tribal and diminishing tests and for the groups of control and experimental in teaching some kinetic skills in the technical garden for women with an age of 5-7 years.
2. The presence of significant differences between the control and experimental groups in the education of some kinetic skills in the technical garden for women with an age of 5-7 years

**1-5 Research fields:**

1-5-1 Students of the third phase at the Faculty of Physical Education and Sports Sciences / University of Basra for the academic year (2020-2021)

1-5-2 Closed Hall at Faculty of Physical Education and Sports Sciences / University of Basra.

1-5-3 Time for the period from: 14/ 11 / 2021 – 18/1/2022

**2 - RESEARCH APPROACH AND FIELD PROCEDURES:**

**2-1 Research Curriculum:**

The experimental approach was used in the equivalent groups (two and confrontational groups) to achieve the search objectives and address its problem. "Experimentation is looking for the cause and how to occur, the researcher deals with the changes of the phenomenon, and in some of which are intended and controlled in some other related variables, "to reach the effect This is on a continued or more variable, in other words to reach causal relations between both independent variable and variable" (Haidar: 2015)

**2-2 Sample OF Research:**

The research community has been identified in the deliberate way and the students of the third phase (50 students) represented (2) two people ,The sample of 40 (40) students were selected, representing 80% of the original society and was divided into two groups (two and trial groups) in the random manner and each group (20) has become a student. The two groups using the test (T) for non-interrelated samples as in a table (1).

**Table (1)**

**The homogeneity and equivalence of both control and experimental groups are shown in search variables**

Research variables	measurement	Control group		Experimental Group			T Value	sig	
		Mean	Std. Deviation	difference	Mean	Std. Deviation			difference
Length	Cm	151.24	2.235	1.477	151.336	2.658	1.756	0.12	Indulgent
Weight	Kg	50.365	1.632	3.24	50.456	1.745	3.458	0.166	Indulgent
Diving skill	degree	4.123	0.456	11.059	4.214	0.471	11.177	0.606	Indulgent
The skill of the front rolling globular	degree	4.114	0.417	10.126	4.332	0.425	9.81	1.573	Indulgent
The skill rolling	degree	4.674	0.398	8.515	4.551	0.413	9.074	0.939	Indulgent

T table value is when a possible error (0.05) and free (38) = 1.684

**2-3 Devices, Tools And Means Used In Research**

**2.3.1 Data Collection Methods:**

- 1 - Sources and references.
- 2 - Tests and measurements.

**2.3.2 Devices and Training:**

- 1-gymnastic hall
- 2 - Legal movements.
- 3 – stop watch.
- 4-tape measure.
- 5. Medical balance.
- 6 - Siren.
- 7. Wooden.

**2.4 Field procedures used in research**

**2.4.1 Determination of research variables:** The curricula of the substance taught in physical education and sports sciences at the University of Basra, which is considered as the article material for students and the following terrestrial movements are selected:

- 1- Diving skill.
- 2 - Curious front beam skill.
- 3 - Curious Rear Drawing Skill.

**2.4.2 Technical Performance Calendar:**

The researcher was based on the preparatory for calendar from previous research (Aqeel, : 2013 ) "which includes divisions to evaluate the technical performance of skills", which adopted the virtual construction of the skill in the evaluation process, and on the three skilling sections:

**1. Preparatory division 2. Section President 3. Final Section** The calendar was from (10) degrees divided into skill sections (preparatory section, chairman, closing section)

Table (2) The final evaluation scores shows skills

NO	Skills	Final Degree of Sections Skills		
		degree	degree	degree
1	Diving skill	3	4	3
2	The skill of the front rolling globular	3	3	4
3	The skill of the back rolling globular	3	3	4

**2-5 Exploratory Experience**

The researcher conducted the exploratory experiment on 14/11/2021 on a sample of the same female students to carry out the carrying exercises used and implemented and identified and identified by the sample individuals and the required repetitions and time to implement the program.

**2-6 Field Experience:**

**2-6-1 Tribal tests:** Tribal tests were conducted on 21/11/2021.

**2-6-2 Skilled Education used:**

The various educational exercises were prepared and on the ground movements and according to the skills used, and those exercises were applied in a self-learning manner and in accordance with the Zahurik model (Saad AL-Zaer: 2014)

- 1. Activating information: The previous knowledge of students is considered to be considered when initiating a new topic learning, because it is a new information entrusted, and teacher must consult previous expertise before new knowledge.
- 2. Acquisition of information: Knowledge is given college and then the parts, and for example, the general rule is given and its components.
- 3. Understanding information: The exact differences of new concepts are united college, and teacher helps students submit activities and manage discussions.
- 4. Use information: Political information and structural consociations and give enough students to employ their knowledge of educational attitudes, class dialogue or educational activity.
- 5. Technical thinking: Employing cognitive information through students' thinking in writing a small research project, or the separate dialogue, or other cognitive activity, or not class for applying what has been learned from knowing.

The researcher has also approved these educational stages on the experimental group, but the rest of the rest of his learning has been applied. The program was applied on 22/11/2021 and ended on 17/1/2022

**2-7 post Tests:** The dimension tests were conducted on 18 /1/2022

**2-8 Statistical Means:** (Lamia ,H, & Hussein ,F, 2016), Use of the SPSS system for statistical treatments and to find the following:

- 1 – arithmetic . 2. Normative deviation. 3 - Factor difference. 4. Test (T) for interrelated samples. 5-test (f) for independent samples
- 6. Percentage.

3. DISPLAYS AND DISCUSSION RESULTS:

Table (3)

The results of tests (T) shows for interrelated samples between tribal and pose tests for the control group

Skill Evaluation	Performance measurement	Tribal tests		post tests		Standard error	T Value	sig
		M	S	M	S			
Diving skill	degree	4.123	0.456	5.689	0.869	0.598	2.618	moral
The skill of the front rolling globular	degree	4.118	0.417	5.774	0.978	0.612	2.705	moral
The skill of the back rolling globular	degree	4.674	0.398	5.786	0.956	0.471	2.36	moral

T value at the possibility of a line (0.05) and the degree of freedom (19) = 1.729

Table (4)

The results of tests (T) shows for interrelated samples between tribal and post tests for the experimental group

Skill Evaluation	Performance measurement	Tribal tests		post tests		Standard error	T Value	sig
		M	S	M	S			
Diving skill	degree	4.214	0.471	7.856	0.886	1.223	2.977	moral
The skill of the front rolling globular	degree	4.332	0.425	7.698	0.867	0.789	4.266	moral
The skill of the back rolling globular	degree	4.551	0.413	8.784	0.917	1.271	3.33	moral

T value at the possibility of a line (0.05) and the degree of freedom (19) = 1.729

Table (5)

The results of tests (T) shows for interrelated samples in post Tests between the control and experimental groups

Skill Evaluation	Performance measurement	control group		experimental group		T Value	sig
		M	S	M	S		
Diving skill	degree	5.689	0.869	7.856	0.886	7.63	Indulgent
The skill of the front rolling globular	degree	5.774	0.978	7.698	0.867	6.434	Indulgent
The skill of the back rolling globular	degree	5.786	0.956	8.784	0.917	9.894	Indulgent

T TABLE value is when a possible error (0.05) and free (38) = 1.684

Through note tables (3) and (4) and (5) there are significant differences for the control and experimental groups to evaluate the skill performance.

The researcher attributes the improvement and learning of the control and experimental groups used to regularly and continue learners in the application of educational units and the program used in a scientific units. (Qasim ,kh,: 2005) "Either the pilot group has been better than the control group and this is due to learning" on the Zahurik model, a modern models in teaching" which has received a lot of learners as a new learning format is different from the traditional" form and that it works to call for previous information and linked new information by exchanging experiences Through discussion and guide questions about skill, leading to increased students" attention on the subject of the new lesson. A new regulation reveals something by means of activities and events that increase the concept of "(Tawfiq Mohammed: 2013)

While and "that the nature of structural learning helps pupils build meaning for what they learn, and develop their confidence in their abilities to solve problems, they rely on themselves and are not waiting for anyone who is ready to do this solution. (Nahedah , A ,Zaid :2011) "The meaning is not just conserving deep information, and they also feel that learning is a way to succeed and therefore represent the search in the problems of mental fun for students ".The experimental group has learned and leads them to learning and excavations to user education and this secret and superiority to use them to use the correct scientific method, which increases the desire and motivation of learners, and this helps to increase accuracy in skilled education and this is what I have confirmed by "Several methods for exciting learner motives towards effectiveness or game to learn their skills and practice and from these methods are to facilitate the chances of moving learning and clearly the appropriate target to learn and develop the skill, as well as balance to satisfy learner needs." ( Shahrzad ,M ,Sh & Yunis, M, :2011) .

Consideration The exercise leads to the development of skill and access to the correct and automatic techniques in performance and the ability to identify and identify the error and work on the transfer of learning to other similar skills The development of skills as a result of the use of educational methods operating among educators, as more than

competitive exercises have been given to an increased learning, and this method leads to keeping away from the state of indifference as the learner is the best performance to compete with his colleague and this It will enable him to try to overcome his colleague.

**4. CONCLUSIONS AND RECOMMENDATIONS:**

1. Self-learning is based on the Zahurik model achieved the search objectives in teaching some kinetic skills in your artistic technical gym for an age of 5-7 years.
2. Self-learning gives more freedom to learn to highlight his learning capabilities on the Zahurik model in teaching some kinetic skills in your technical gym for women with an age of 5-7 years.
3. The need to adopt a self-learning method on the Zahurik model because it is a successful educational method in teaching some kinetic skills in your technical garden for women 5-7 years.
4. Providing supportive and encouraging educational environment for teachers to use appropriate educational models in the learning process, especially in your garden for women

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**Appendix (1)**

Model of educational units

Week: First total

Educational Unit: 1-2 Unit

time: 25-30 minutes

Goal: Learn to perform motor skills

Department	Exercise Time	Exercise No	volume	Notes
Application	3.20 m	1- (Diving skill performs serial movements on earth)	4×2	Leaves for learning freedom in the application to be self-learning.
	3.35 m	2 - Performance of front rolling on points painted on Earth).	4×3	
	30.40 m	3 - (Drawing background movement on points painted on Earth).	4×3	
	5.30 m	4. (Perform the three automatics with emphasis on self-correction	4 ×5	