



# EFFECT OF SPECIAL EXERCISES USING GUIDE SIGNS AND LIGHT LASERS IN DEVELOPMENT OF SOME ARTISTIC GYMNASTICS LEARNING OUTCOMES FOR STUDENTS

**Kassim Mohammad Hussein.**

Directorate General of Education Basrah

[Kassimalali6@gmail.com](mailto:Kassimalali6@gmail.com)

**Layth Mohammed Hussein.**

Faculty of Physical Education and Sports Sciences, University of Basrah, Iraq.

[laith.mohammed@uobasrah.edu.iq](mailto:laith.mohammed@uobasrah.edu.iq)

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## Abstract:

Preparing special exercises by using indicative signs and optical laser and identifying their influence in developing some of the learning outcomes of the technical gymnastics for students, and the researchers used the experimental curriculum by designing one group on a sample chosen in the random way as it included (12) students from the second stage students at the Faculty of Physical Education and Sports Sciences for the year Academic 2022 - 2023, and after making sure of the homogeneity of the sample, the tribal test was conducted in the kinetic and mental capabilities and the skills of gymnasium, after which the researchers set special exercises to develop some of the skills of gymnasium as well (12) An educational unit and by (2) educational units a week for a period of (9) weeks, as the application of special exercises began from Monday 7/11/2022 until Thursday, 1/15/2023, and it took the implementation of exercises during the same educational unit (45) minutes, then the researchers then conducted the post -test, and after processing the data using the. Spss Ver 23. Reached a set of conclusions, including: The use of guidance and optical lasers with special exercises helped to improve the performance of gymnasium skills faster and easier because it provokes the learner to produce his best. The indicative signs and optical laser impact

**Keywords:** Special exercises, indicative brands, light laser, learning outcomes, gymnastics.

## 1-1 INTRODUCTION RESEARCH AND IMPORTANCE:

The development of science and progress has become evident in sport and this is due to scientific research and the efforts of those in charge of the learning and training process and in various fields in sports science and among those sciences motor learning, as all scientists and specialists agree that motor learning contributes greatly to learning the correct path of sports movements It gives positive returns on the results through learning, improving and developing motor performance, and workers in the sports field have resorted to attention to educational units because of the various exercises that are in the interest of learning and developing the motor path and the correct technical performance, and learning experts sought to use modern means and tools and benefit from them in The educational process is still searching for all that is new from these means and tools to invest everything that is available and useful in this field, the means and tools are assistant factor, as it has a great role in communicating information to learners and making the learning process more effective and positive, it is all that helps The transmission of knowledge, information and various skills and multiple skills and raises the ability to acquire skill through the various senses and thus may work on the positive effect on the speed of learning motor skills and improving the specifications of technique and tactical performance (Youssef Lazim: 2011).

sense of sight an important role, whether in education or in training gymnasium, and the eye is the means of receiving energy and turning it into appropriate physiological aspects of nervousness to deliver it to the central nervous system, and to clarify that, the eye sees things by reflecting the body that falls to the eye that transports them to The brain is through signals, so the brain distinguishes these signs and the necessary response to them through signals issued to the various organs of the body to implement, through the sense of sight, visual means are used to understand and realize the skill. Examples of visual means are to conduct a model by the coach or the player and the images that show the stages of skill and videos, as well as seeing the signs drawn on the ground and places of landing and the use of visual laser technology.

In the performance of the human wheel, the learner may deviate from the straight line, and here it is recommended to determine the visual direction points, by drawing two parallel lines on the ground and asking the

learner to perform this movement in the area between the two lines, and in the performance of the lower weighted to land from the mind, a light barrier can be placed using the laser parallel to the model of the device horizontal bar is a height that fits the level of the learner and the learner tries to pass it with the graduation of lifting the optical barrier until the learner reaches the appropriate flying, and a mark can also be placed on the wall, ceiling, or on the ground as a goal scoring to direct the movement, when the performance of the cabinet can direct his guidance by pushing the two men in the direction of the window In front of him, and another example of the use of visual means to jump on the table, a light barrier may be placed between the upgrade and table ladder to improve the upgrading and first flight.

Hence the importance of research lies in developing special exercises to learn some of the technical gymnasium skills using visual means, including indicative signs and optical laser, which help in developing a group of motor learning outcomes such as mental, physical and motor product because of the importance of these products in knowing the level of learners 'response to special exercises.

### **1-2 Research problem:**

Through researchers noticed that they are interested in this game and their practitioners in addition to exploring the opinions of specialists, it was found that there is a weakness in the level of learning of the second stage students when implementing the skills of gymnasium and on various devices, and the reason for this may be due to a very little attention in using visual means During the implementation of the educational steps of the skill, which the researchers see it is one of the basics of this game, as these visual means to the learner give the opportunity to develop the working muscles and the amount of its excitement, which leads to the result of the development of accurate motor curricula that increases the possibility of kinetic perception and the comparison with the goal in the kinetic memory, Moreover, these visual means allow the learner to perform the skill with the correct motor paths, which is a guide to facilitate the performance of the learner according to these paths, as well as these means play a major role in preserving the balance after the movement by stabilizing the consideration of a specific point in front of the player or the learner to keep the head to his status and appears This is in the jumping movements on the table and looking at a high -level guiding mark upon landing.

This prompted the researchers in an effort to keep pace with the continuous progress to develop a set of special exercises whose parts are similar to the shape of the skill in addition to the use of visual means (indicative signs and optical laser) in order to help learners detect errors and determine how to correct them through the appropriate guidance of this performance so that students can be reached To the stage of the mechanism and mastery of the motor skill, as well as providing the element of suspense and provoking motivation towards learning and improving performance in addition to the absence of common mistakes during performance, in addition to linking some learning outcomes such as mental, physical and motor product in the learning process has an effective effect in the learning process and its measurement.

### **1-3 Research objectives:**

- 1- Preparing special exercises using indicative and light laser sample.
- 2- Identify the effect of exercises for the use of indicative marks and optical laser in developing some of the artistic learning outcomes of the technical sample.

### **1-4 Research hypotheses:**

- 1- There are statistically significant differences in some of the technical learning outcomes between the tribal and post -tests at the research sample.

### **1-5 Research fields:**

**1-5-1 Human field:** Second stage students in the Faculty of Physical Education and Sports Science / Basra University

**1-5-2 spatial field:** gymnasium Hall of the Faculty of Physical Education and Sports Science / Basra University

**1-5-3 Time field:** from 28/12/2022 to 1/2/2023

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

### **2-1 Research curriculum:**

In order to achieve the objectives of the research and verify the validity of the assumptions, the researchers used the experimental curriculum with the design of one group.

### **2-2 Sample of Research:**

The researchers chose the research community in the intentional way from students of the second stage of the College of Physical Education and Sports Sciences for the academic year 2022-2023 and they are (169) students distributed over (6)students . The stage is often those who do not have previous experience with the subject of gymnasium in terms of learning for skills under research, and there are two lectures (two educational units) per week.

As for the research sample, it was chosen in the random way, which is division (B). After collecting the information, he excluded the students who failed and postponed, then the researchers chose (12) students from class (B) randomly by the lottery representing the research they are a group of gymnasium and from one study stage and from the same gender, so the conditions of homogeneity were met.

### **2-3 Means of collecting information, devices and tools used in the research:**

#### **2-3-1 Means of collecting information:**

-Note and experimentation.

- Sources, references and the Internet.
- Personal interviews.
- Questionnaire forms.
- Examinations and measurement.
- Arbitration form.
- Statistical means.

**2-3-2 -Devices and tools used in the research:**

- Rest meter for measuring length.
- Mind Service 1.
- A table jumping device 2. & horizontal bar.
- Earth movements.
- Sony video, 1.
- Green Laser Sight Green Dot 532NMSCOPE with 20mm Pica tinny Mount 3.
- Panasonic photography camera 1.
- Electronic calculator.
- Time hour 1.
- Guideposts
- Medical balance.
- Sponge simplicity.
- wooden box.
- Laser tablets.
- Stationery.
- Metal measuring tape

**2-4 Laser light:**

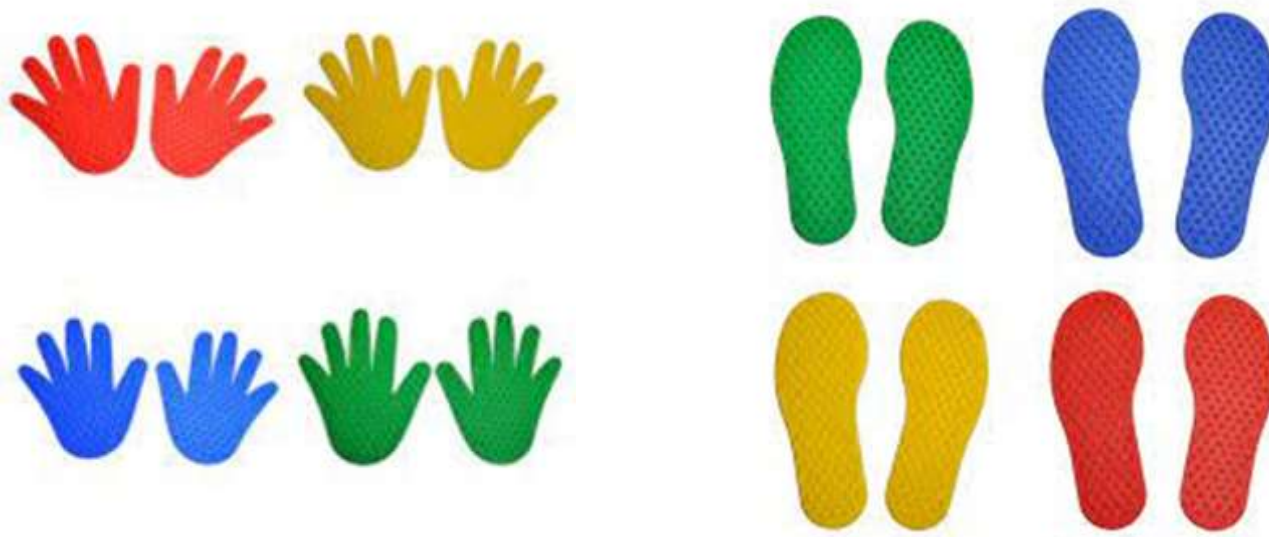
The researchers used the light laser that is used in military technology, where the researchers used a lot of consultations on how to select the center laser until after a lot of continuous effort, the researchers reached a kind of laser species that are used scientifically in the field of correction of the weapon, as it proved its effectiveness due to being visible. Even in the light of the regular morning, with the help of the optical barrier, the use of the vision sense can be mastered in the work, which helps to understand the direction and extent of the different gymnasium skills, and from the practical applications of the optical laser in the lower weighted exercise to land in front, for example, putting the laser barrier parallel to the barbarity device, with a suitable intercession that suits The level of learners and the learner tries to pass it and with the graduation of lifting the laser barrier, the learner reaches the appropriate flying.



**Figure (1)**  
**Shows the laser system used**

**2-5 Guidelines signs:**

The researchers used signs made of thick flex pieces using laser printing with hands, fertilization, head in different shapes and colors, and the adhesive used is strong to ensure that the mark does not raise when use, and the learner must follow the signs placed on the ground and the places And its temporal timing, as well as the visual signs, help to preserve the balance, by proving the learner looking at a specific place, and the head is proven, thus fixing the line of gravity on the base of the pivot, and this appears in standing on the hands, as well Naturally, this is shown in the jumping movements on the table and looking at a place specified in front of a high front when landing.



**Figure (2)**  
**Shows some of the indicative signs used**

## 2-6 Measurements & Tests used in research:

### 2-6-1 Measurements of height, weight and age.

First: Running Test (Muhammad Subhi: 1995)

Second: Test of the trunk bending in front of the parking (Kamal Abdel Hamid & Muhammad Subhi: 1997)

Third: Fixed Balance Test (Muhammad Subhi: 1996)

Fourth: Moving Balance Test (Jehoun: 1987)

Fifth: The Bordonfimov Amended Test (Ahmed Mohamed & Fahmy Ali: 1979)

Sixth: Test of the sensation of the distance of the horizontal jump (Muhammad Ibrahim & Muhammad Jaber: 1995)

Seventh: Testing a sense of time estimation (Muhammad Ali & Mazen Raouf: 1996)

### 2-6-2- Motor skills Tests:

Skills of gymnastic have been identified by the researchers:

- 1- Dave
- 2- Standing on the hands.
- 3- Human wheel.
- 4- Arab jump.
- 5- Jumping opening.
- 6- Jumping. Closing
- 7- Landing by rear waving from parallel.
- 8- Landing from the bottom of horizontal bar.

For the purpose of evaluating the research skills, the researchers used a video camera for recording the performance of the skills, as each student made two attempts and the best attempt was calculated, and the researchers relied in these tests to evaluate those with experience and specialization in the technical gymnasium that consisted of four rulers( appendix 1) As the filming of the tests was distributed to them with a pre -prepared evaluation form by the researchers, and each skill was evaluated from (10) degrees and was extracted after deleting the highest and less degree, collecting the two middle degrees and dividing them on two.

## 2-7 Exploratory Experiments:

**2-7-1 first reconnaissance experience:** conducted on Monday 10/10/2022 on (10) students from the Division (G)

and the first exploratory experience aimed at:

- Ensure the validity of the tests for the application.
- Ensure that devices and tools are valid.
- Knowing the time to implement the tests.

- Knowing the team of the duties that it will make and avoid errors that can occur while applying the tests.
- Determine the installation point of the photography and dimensional machine, which gives the best clarity in following up the kinetic stages of the laboratories.

**2-7-2 Second Reconnaissance Experience:**

This experiment was conducted on Thursday, 20/10/2022, and on the research sample personnel by choosing a number of exercises from different educational units and trying them to know the amount of what the research sample can perform from the repetitions and the time taken to perform each exercise to regulate the timeline of the units As a whole and give a clear picture of the way in which the educational curriculum is implemented as well as knowing the extent of the exercises suitable for the level of the sample members and the extent of the sample members' ability to absorb and apply exercises.

**2-8 field Research procedures**

**2-8-1 Tribal Tests:**

The researchers gave two introductory units in search under the period from Monday, 10/24/2022 until Thursday, and 27/10/2022 for the research sample, then the tribal test was conducted for the period from Monday 31/10/2022 until Thursday 3 / 11/2022. As the tests were taking place within the schedule set at the college within the lessons according to the following order:

**On Monday 31/10/2022**

- Fitness
- Flexibility
- Pivot and moving balance
- Constriction
- Consider the distance

**-Thursday, 3/11/2022**

- Dave
- Standing on the hands
- Human wheel
- The Arab jump
- Jumping closing
- Jumping opining
- Landing with the rear waving from the parallel
- Landing from bottom of horizontal bar

**2-8-2 Main experience:**

The researchers have developed special exercises to develop some of the learning outcomes and technical performance in gymnastics as well as the use of optical laser and guidance signs to facilitate the learner to learn the main parts of the skill in the correct way, and the researchers relied on the opinions of some specialists in setting special exercises for some gymnastic skills, and (18 ) An educational unit and by (2) educational units a week for a period of (9) weeks, as the application of special exercises began from Monday 7/11/2022 until Thursday 5/1/2023, and the implementation of exercises took place during the same educational unit (45 (A minute and a time of (810) minutes.

**2-8-3 POST- Tests:**

The researchers conducted the dimensional tests of the search sample for the period from Monday 9/1/2023 until Thursday 12/1/2023 on the gymnastic hall using the same tribal tests and with the same arrangement and conditions.

**2-9 Statistical Means:**

For the purpose of processing the data obtained by the researchers, they used the SPSS statistical version 23.

**3- VIEWING, ANALYZING AND DISCUSSING THE RESULTS:**

**3-1 Presentation of the results of the kinetic, tribal and dimensional tests for the research sample and analysis:**

**Table (1)**

**Shows the mathematical medium, standard deviation, standard error of the differences, calculated value (T) and potential value for results of motor and mental tests in tribal and post- tests of research sample**

Verbal	M/U	Tribal Test		Post-Test		Standard error	T collected	probability value	indication
		M	S	M	S				
<b>Fitness</b>	<b>Sec</b>	11.810	0.525	10.712	0.375	0.104	10.495	0.000	<b>moral</b>
<b>Flexibility</b>	<b>Cm</b>	7.500	1.195	11.500	1.195	0.440	20.139	0.000	<b>moral</b>

<b>Pivot balance</b>	<b>Sec</b>	36.125	3.440	44.375	3.204	1.292	6.385	0.000	<b>moral</b>
<b>Moving balance</b>	<b>Sec</b>	4.325	0.281	4.012	0.124	0.058	5.383	0.001	<b>moral</b>
<b>Constriction</b>	<b>degree</b>	77.125	8.305	54.000	11.313	4.676	4.945	0.002	<b>moral</b>
<b>Realizing sensation of distance</b>	<b>Cm</b>	6.750	0.755	3.375	0.377	0.133	25.256	0.000	<b>moral</b>
<b>Realizing sensation of time</b>	<b>Sec</b>	3.031	0.098	2.333	0.356	0.105	6.611	0.000	<b>moral</b>

appears from the results presented in Table (1) that the calculated values (T) of the following tests (fitness, flexibility, fixed balance, moving balance, concentration, perception of a sense of distance, perception of a sense of time) reached a row (10.495, 20.139, 6.385, 5.383,, 4.945, 25.256, 6.611) It also appeared that the attached P-Value value is smaller than the level of significance (0.05), which indicates that there are moral differences between the results of these tribal and dimensional tests and for the benefit of dimensional tests.

**RESULTS DISCUSS:**

**1- Fitness:** The cause of development is attributed to the subject of the research sample to an organized educational curriculum and studied exercises "as organized training results in an increase in the ability of the individual's performance as a result of performing exercises for several days, weeks or months, by printing the body's systems on the optimal performance of these exercises." (: Edigton & D.W Edeton : 1976) The new movement is easy, and then the grace component improves it. , "The exercises on free devices and exercises are one of the best means to achieve agility" (Ma'ouf Dhunoun: 1985), in addition to what was mentioned, the researchers attribute the reason for the development of the adjective of fitness to what it came (Sharkey: 1979) It indicates that "the high level of fitness elements, such as strength and speed, and carries strength, balance, consensus and flexibility would strengthen the agility of motor performance," as the development of agility is with the development of physical fitness elements.

**2- Flexibility:** The researchers attribute the reason for this moral difference and the level of development in the value of this variable to the effectiveness of the exercises used in the educational units, especially the fixed flexibility exercises "the extent to which the joint reaches the movement and then stability in it ... It is the fastest way to develop flexibility because it is achieved The strongest and longevity of muscle tension in the types To increase the elasticity of the trunk and help it perform the movements in a wide range.

**3- Balance:** The researchers attribute this improvement in the attribute of the balance in the research sample to the effectiveness of special exercises, where the exercises were placed gradually and varied, which allowed the opportunity for learners to perform continuously and move from one exercise to another gradually and enjoyable without fatigue or boredom, as the researchers took into account Also, a set of exercises includes the various axes of the movement, all of this contributed to developing the balance of learners, and this result is consistent with what (Muhammad Sobhi: 2001) indicated, "The balance is improving training, and that training for the development of balance leads to the development of this component in a concrete manner and that is Through special and codified training programs in a short period of time, "the balance helps to perform the movements with more mastery and the activities of the artistic gymnastics are the most sports activities that need balance when compared to other sporting activities, and (Najah Al -Tohamy, :1971) indicates that every player practices exercises Technical must have motor abilities, including balance in order to be able to control the conditions of the body, as its movements change in many directions (Najah Al -Tohamy: 1971).

**4- Constriction:** It is clear from Table (1) the presence of moral differences between the tribal and dimension test in focusing attention and in favor of the post-test. , As (Mahmoud Abdel -Hassan: 2008) sees, "The sight is a based on the raising of the energy of the players, and its role is not less than the role of muscles, bones, respiratory system ... etc.", and sensitivity to the sight is an important role in learning and training, by presenting models to the learner so that he can have it A picture of the movement and tries to reach it, and the exercises have been interested in developing the focus by developing the variables that help in training the eye and this is what you see (Afra Hassan, 2013). Because its role is much larger than that, the vision is an important work and its attainment does not require talent or creativity, but training, focus and awareness of the importance of this role. These exercises are applied to educational methods that included (indicative signs, optical laser), as these methods helped stimulate the visual vision and used to perform motor duties required to be implemented by learners, all these exercises helped to develop

visual vision and increase the efficiency of the visual system, especially a sense Sight, as the visual system is one of the important systems that we depend on greatly to provide information about the surrounding environment, and then use this visual information to make the decision regarding the movement, as the visual apparatus provides three functions at least in its relationship with motor performance that includes "sensory and external reception, which is information Received from outside the body and deep sensory reception by providing the visual system information about placing the body in the environment using the dimensions of time, strength and flow to control the movement "(Abdel Basset Mubarak: 2013), & (Ammar Jabbar: 2016) confirms the importance of the vision factor to perform motor duties, The motor performance requires the visual aspects of realizing all the variables and the capacity to deal with them properly to avoid errors and to consider the sense of sight the basic sense of the reaction and a valley The kinetic duty "

**5- Realizing the sensation of distance:** The researchers attribute this moral difference to the importance of the special exercises to which the research sample underwent the period of the application of the curriculum and their commitment to perform the exercises, which helped to master the correct estimate by realizing the distance, and this in turn depends on the ability of the muscular nervous system and control the learner's performance to estimate the right distance of the test The sensory motor perception gives the learner a kind of feeling of the movement of the body and its parts and the extent of its total or partial preparation, which enables him to give the motor description of the body to perform the test, of course, this depends on the ability of the sensual sensory perception by estimating the distance of the test and this is what was mentioned (Rajeh: 1983) about the importance of sensory receptors for the awareness The sensual because the movements stimulate sensory receptors and provide them with a rebound in information in similar situations in the future, and the various positions that have special exercises contained, which increased the kinetic capabilities of learners, and this in turn led to an increase in the work of sensory receptors for the work of the muscular nervous system, which in turn estimated a distance The jump for the learner, which is blindfolded, and enabled it to estimate the required distance when jumping and determining the strength A crisis for that and the angle required to reach the specified point is the result of the development of the kinetic capabilities of this laboratory, where (Khater: 1976) indicates that one of the factors that accelerates learning and development is perception. The more correct perception, the behavior that the learner or the player comes to with a degree of health , The player who realizes the skill he performs is valid, is appreciated by his colleagues on his performance, and this is what happened in the results of the tests.

**6- Realizing the sensation of time:** The researchers attribute these differences to the importance of applying the special exercises that the researchers applied to the members of the sample and their positive impact on the performance of the sample, continuity, and regularity in training and practice, and fixing the repetitions installed in the custom units in addition to the adequacy of the time of the units, which led to the raising of the level of motor feeling In time for individuals of the research sample in the post -test, where the temporal organization depends on the process of feeling successive and continuous timetables, which is important in the sports field, as it is imperative for the learner to have a full sense of time that the repeated and successful movement takes so that he can determine the speed of performance and determine the appropriate technical methods for each A period of time according to its circumstances, and this is consistent with the findings of the study (Abdel -Khaleq: 2007) that the time regularity in the training process and the continuation of the application of the curriculum in accordance with the appropriate technical methods for each period of time worked to raise the level of technical performance at a high extent. The researchers believe that the process of continuous repetitions practiced by the sample within the educational units helped the development of performance, which increased the cognitive susceptibility, and this was confirmed by (Ihsan & Safa: 2020) that perception develops through the repetitions, experience, personal experience and the efficiency of the individual. The more the person practices the movement or skill, it develops an attribute perception.

**3-2 Presentation of the results of the tribal and dimensional skill tests for the research sample and analysis:**

**Table (2)**

**Shows the mathematical medium, standard deviation, standard error of the differences, calculated value (T) and the potential value for the results of tribal and post -skill tests for the research sample**

Verbal	M/U	Tribal Test		Post-Test		Standard error	T collected	probability value	indication
		M	S	M	S				
Dive	degree	1.903	0.229	9.000	0.597	0.245	28.929	0.000	moral
Standing on the hands	degree	1.781	0.410	8.000	0.377	0.087	70.994	0.000	moral

<b>Human wheel</b>	degree	2.531	0.795	8.687	0.258	0.249	24.653	0.000	<b>moral</b>
<b>Arab jump</b>	degree	1.562	0.291	7.818	0.672	0.312	20.050	0.000	<b>moral</b>
<b>Jumping closing</b>	degree	2.500	0.422	8.593	0.778	0.249	24.402	0.000	<b>moral</b>
<b>Jumping opining</b>	degree	2.093	0.399	8.250	1.093	0.411	14.953	0.000	<b>moral</b>
<b>Landing with rear waving parallel</b>	degree	2.312	0.291	8.625	0.566	0.230	27.416	0.000	<b>moral</b>
<b>Landing with rear waving horizontal bar</b>	degree	1.718	0.541	8.000	0.707	0.348	18.019	0.000	<b>moral</b>

appears from the results presented in Table (2) that the calculated values (T) of the following tests (diving, standing on the hands, the human wheel, the Arabic jump, jumping, jumping, reinforcement, rear waving from the parallel, landing from the lower weighted of the mind) reached Consecutive (28.929, 70.994, 24.653, 20.050, 24.402, 14.953, 27.416, 18.019) It also appeared that the attached P-Value value is smaller than the level.

**RESULTS DISCUSS:**

The researchers attributes the reason for the development of the research sample to the contribution of special exercises in learning accurately and effectively and the extent of the teacher and the learners 'benefit from them, which contributed well to the education of students through the performance free of errors that accompany learning, as" special exercises work directly to develop the necessary physical qualities The skillful aspects (Zuhair Qasim: 1999), as well as they are physical exercises that develop muscle strength when linking them with the development of other motor characteristics in proportion to the external and internal composition of sports exercise and this relationship can include the entire movement or a single part of it (Abdul Ali Nassif & Qasim Hassan : 1978) &(Ahmed Al -Hadi Youssef: 2016) believes that training using similar exercises in its motor path of technical performance leads to an improvement in the level of achievement in the sport of gymnasium because it represents the basis for preparing the origin of gymnasium, as this sport needs the characteristic of privacy in certain places of the body by virtue of the nature of performance Gymnastic skills, and the use of special exercises prepared by researchers in the main section of the educational unit had a clear impact in improving and developing skills under research, because special exercises play a major role in developing and raising the level of skill through the multiplicity of the purposes of these exercises, as it works to develop a lot of The attributes such as strength, speed, flexibility, balance and compatibility are all these characteristics required and interconnected in improving the skill performance (Ghada Mahmoud: 2018), and special exercises are a group of exercises through which physical, motor or skill capabilities are developed in a specific game according to their privacy and performance requirements (Zuhair Qasim: 1999)

The researchers also attribute the reason for the development a result of the role of auxiliary means such as (optical laser and guiding signs) that had a clear impact in developing the skills of gynecology under research and this is what (Abdul Hussein Majed: 2018) indicated that the gymnastic sport needs devices and assistance tools to simplify the scientific learning scientific Facilitating movements in order to accelerate this process, which are necessary and fundamental in educational processes, especially in beginners education operations.

The researchers also attribute the superiority of the research sample for these tests, which used special exercises under research, as during the application of these exercises requires the use of the learner's different senses to perform any required skill as it has a successful perception of the movement to be implemented, and the researchers believe that the visual vision exercises that are contained in special exercises It is the factor affecting the ability or efficiency of the learner that provides information and sends it to the brain, which in turn explains the information and sends the signals that make the parts of the body move. : 2014) In that, "Most sports, and perhaps all of them are the visual vision is the dominant sense" (1), as confirmed by (Al -Fadhli & others: 2017)

The visual monitoring of the stages of motor performance in particular may help the player to monitor the performance with high accuracy and discover the error that falls outside its awareness when implementing this performance. This monitoring is related to the development of sensory perception, kinetic memory and the image of the skillful kinetic action well



#### 4- Conclusions And Recommendations

##### 4-1 Conclusions:

- 1- Using guidance and light laser signs with special exercises helped improve the performance of gymnasium skills faster and easier because it provokes the learner to produce his best.
- 2- The use of visual sense (visual exercises) by learners during the performance of the movement in practice through the indicative signs and optical laser, following a positive effect on overcoming the obstacles to repeating the error during the performance of the performance.
- 3- Exercises for the use of indicative and optical laser signs have a positive effect on some aspects of learning with technical gymnastics for students, such as the motor, mental and skill side.
- 4- The use of indicative signs and optical lasers in special exercises improves visual tracking, as well as improvement in visual tracking of the research sample.
- 5- The use of indicative signs and optical lasers gave a vision of the skill details and improved the technical performance of the technical skills of gymnasium under research.

##### 4-2 Recommendations:-

- 1- Emphasizing the use of visual exercises in learning the skills of gymnasium because of its importance in improving mental capabilities, including focus and sensory perception.
- 2- Use of indicative signs and optical lasers in special exercises because it helps to attract the attention of learners and urge them to show their preparations and tendencies and test the extent of their physical and cognitive abilities.
- 3- Necessity of intensifying visual stimuli at the expense of hearing stimuli because of their importance in stabilizing the skill in the learner's mind.
- 4- Necessity of developing and developing learning aspects such as the motor and mental side because it helps in shortening time and effort for the teacher and the learner when learning the skills of gymnasium.
- 5- Dependence on exercises for the use of aid to invest in time and effort for the teacher and the student.

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Appendix (1)  
Scientific ingredient

No	Name	place of work	Specialization
1	Dr. Zaki Nasser Shaaban	College of Physical Education and Sports Sciences / Basra	Biomechanics/ gymnastic
2	Dr. Ghazi Lefta Hussein	College of Physical Education and Sports Sciences / Basra	Teaching Methods/ gymnastic
3	Dr. Ali Jabbar Hassan	College of Physical Education and Sports Sciences / Basra	Teaching Methods/ gymnastic
4	Dr. Kazem Issa Kazem:	College of Physical Education and Sports Sciences / Basra	Training/ gymnastic