



جامعة الموصل
كلية التربية للبنات / الدراسات العليا
قسم التربية البدنية وعلوم الرياضة

أثر استخدام أسلوب التدريب الذاتي متعدد المستويات في اكتساب بعض المهارات الهجومية بكرة اليد والاحتفاظ بها

رسالة ماجستير علوم
في التربية البدنية وعلوم الرياضة
للمطالبة
هيرو فاتح مرزه ولي

بإشراف
الأستاذ الدكتور
نبراس يونس محمد آل مراد

Abstract

The effect of using the multi-level self-training method on acquiring and retaining some offensive handball skills

Researcher
Hero Fateh Merzeh Wal

Supervised by
Prof .Dr. Nibras Younis Al Murad

2021 A.D

1443A.H

Thesis Summary The effect of using a multi-level self-training method in acquiring and retaining some offensive skills in handball. The aim of the research is to identify the effect of using the multi-level self-training method in acquiring some offensive skills in handball, and to identify the effect of using the multi-level self-training method in retaining some offensive skills in handball, and to identify the differences between female students' acquisition and retention of some offensive skills in handball. And who learn according to the method of multi-level self-training, and to identify the differences between the acquisition and retention of some offensive skills by female students in handball, and who learn according to the traditional method. The researcher used the experimental method, and the research community included the students of the second study stage, College of Physical Education and Sports Sciences - University of Mosul. The research sample was of (32) female students, the experimental group learned in a multi-level self-training method, and the control group in the traditional method, and the sample members were equal in the variables related to (age, height and weight) as well as the equality of the research sample members in the tests of physical fitness elements affecting learning offensive skills in handball. The researcher used the statistical methods (percentage - mean - standard deviation - T-test for linked and independent samples - Pearson correlation coefficient - statistical package (SPSS)). The researcher reached several conclusions, the most important of which is the presence of statistically significant differences in the students' acquisition of some offensive skills in handball between the

group that learned according to the multi-level self-training method and the group that learned according to the traditional method in the skills of the (short) pass, the pass from Above the shoulder level (medium), the overhead pass (long), the tap, the over-the-shoulder shot (from stability), the shot from the high jump) and for the benefit of the experimental group who learned according to the multi-level self-training method. There are statistically significant differences in the students' retention of some offensive skills in handball between the group that learned according to the multi-level self-training method and the group that learned according to the traditional method in the skills of the rebound (short) pass, the pass from above levelShoulder (medium), pass over the head (long), pat, shoot from above shoulder level (from stability), shoot from high jump) and for the benefit of the experimental group that learned according to a multi-level self-training method. There are statistically significant differences in the acquisition and retention of some offensive skills by female students in handball (the short rebound pass), the pass from above the shoulder level (medium), the pass over the head (long) and the tap, the shooting from above the shoulder level (from stability), Shooting from jumping high), the researcher concluded with several recommendations, including, the necessity of applying the multi-level self-training method in the educational lectures of the faculties and departments of physical education and sports sciences, in order to achieve positive results in teaching and developing some basic skills in handball, the need to use the self-training method Multi-level in educational lectures in colleges and departments of physical education and sports sciences for other sports, in order to give an opportunity for students to express their abilities collectively, which takes into account the individual differences between them .

University of Mosul
College of Education for Girls / Graduate Studies
Department of Physical Education
and Sports Science



The effect of using the multi-level self-training method on acquiring and retaining some offensive handball skills

Master Thesis Science

In Physical Education and Sports Science

Student

Hero Fateh Mirza Walie

Supervisor

Prof. DR .Nibras Younis Muhammad Al Murad

2021 A.D.

1443 A.H.