



جامعة الموصل
كلية التربية الأساسية

أثر الأسلوب التدريبي المصحوب بعدد من التمارين التخصصية في تنمية فن الأداء المهاري والانجاز في السباحة الحرة لمسافة ٢٥ متراً

رسالة ماجستير

عمر يونس محمد حسين السويدي
تربية بدنية / علوم رياضية

بإشراف

الأستاذ الدكتور

قصي حازم محمد عبد الرحمن الزبيدي

٢٠١٨ م

١٤٤٠ هـ

ملخص الرسالة

أثر الأسلوب التدريبي المصحوب بعدد من التمارين التخصصية في تنمية فن الأداء المهاري والإنجاز في السباحة الحرة لمسافة ٢٥ متراً

المشرف	الباحث
أ . د قصي حازم محمد الزبيدي	عمر يونس محمد السويدي
	١٤٣٩ هـ ٢٠١٨ م

هدف البحث إلى الكشف عن:

- أثر الأسلوب التدريبي المصحوب بعدد من التمارين التخصصية في تنمية فن الأداء المهاري والإنجاز في السباحة الحرة لمسافة ٢٥ متراً .
- الفروق بين نتائج الأسلوبين (المتبع من قبل المدرس (الأمري) والتدريبي) في الاختبارات البعدية لمتغيري البحث (تنمية فن الأداء المهاري والإنجاز في السباحة الحرة لمسافة ٢٥ متراً) .

وأفترض الباحث ما يأتي:

- لا توجد فروق ذات دلالة معنوية بين نتائج الاختبارين القبلي والبعدي لمجموعي البحث الضابطة والتجريبية في تنمية فن الأداء المهاري والإنجاز في السباحة الحرة لمسافة (٢٥ متراً) لدى طلاب السنة الدراسية الرابعة في قسم التربية البدنية وعلوم الرياضة - كلية التربية الأساسية.
- لا توجد فروق ذات دلالة معنوية بين نتائج مجموعتي البحث الضابطة والتجريبية في الاختبارات البعدية لمتغيري البحث (فن الأداء المهاري والإنجاز في السباحة الحرة لمسافة (٢٥ متراً) لدى طلاب السنة الدراسية الرابعة في قسم التربية البدنية وعلوم الرياضة - كلية التربية الأساسية.
- واستخدم الباحث المنهج التجريبي لملاءمته لطبيعة البحث، واشتملت عينة البحث على (٣٨) طالبا من طلاب السنة الدراسية الرابعة في قسم التربية البدنية وعلوم الرياضة - كلية التربية الأساسية - جامعة الموصل.

Abstract

The impact of the training style accompanied by a number of specialized exercises in the development of the art of performing skill and achievement in free style swimming for 25 meters

Supervisor

Dr. Qusay Hazem M. Al - Zubaidi

2018 A.D

Research by

Omar Younis M. al-swaidy

1439 A.D

The advancement of skill performance depends on the student's interaction with the teaching style followed, and this requires applying appropriate teaching methods to the abilities and tendencies of students Through which the teacher can achieve or develop the skill performance art of the specific activity.

Swimming sport have its own features because it is practiced in a different environment and needs special requirements, So it requires teachers and practitioners in this field to find appropriate methods that enable students to perform its skills and movements well.

Therefore, the researcher came up with the idea of applying the training style and linking it with specialized exercises

In an attempt to develop the art of performing skill and achievement of the free style swimming activity for distance of 25 meters for students of the fourth year of the Department of Physical Education and Sports Sciences at the Faculty of Basic Education.

B

The objective of the research is to reveal

- The impact of the two training style accompanied by a number of specialized exercises in the development of the art of performing skill and achievement in the free style swimming for 25 meters
- Differences between the results of the two methods in the post-tests (development of the art of performing skill and achievement in free swimming for a distance of 25 meters)

The researcher assumes the following

- There are no significant differences between the regulator and experimental research groups in the pre-test and post-test In the development of the art of performing skill and achievement in the free style swimming for distance (25 meters) for students in the fourth year of the Department of Physical Education and Sports Sciences Faculty of Basic Education.
- There were no significant differences between the results of the regulator and experimental research groups in the research variables in the post-tests (the art of skill performance and the level of achievement in the free style swimming for a distance of 25 meters) for students of the fourth year of the Department of Physical Education and Sports Sciences - Faculty of Basic Education.

The researcher used the experimental method because it fits the nature of the research, the research sample included (38) Students of the fourth year of the Department of Physical Education and Sports Sciences Faculty of Basic Education University of Mosul.

The study sample was determined by 38 students with 19 students for the regulator group and 19 students for the experimental group, Parity between

C

the two groups was carried out in the basic variables (age, height and mass) and some elements of fitness and motor.

The implementation of the educational program took 8 weeks for the period from 20/8/2017 to 12/10/2017, with 16 educational plans for each group, after the completion of the program, post-tests were carried out on 15/10/2017.

In order to reach the current research results, the researcher used the statistical package (SPSS) for social studies, as well as a number of statistical methods.

In light of the results of the research and within its limits, the researcher reached the following conclusions:

- The applying of ordering and training methods accompanied by a number of specialized exercises has an effective impact in the development of the skill performance and achievement of the free style swimming activity for a distance of 25 m.
- The applying of specialized exercises according to the training method, and the procedures of the training method has an effective impact in the development of skill performance and achievement in free swimming and for a distance of 25 meters compared to the ordering method.

The researcher recommended a number of recommendations and proposals, the most important of which:

- Emphasis on the use of the training method accompanied by a number of specialized exercises in the teaching of swimming for students of the Department of Physical Education and Sports Sciences Faculty of Basic Education Mosul University because of its effective influence in the variables of the current study.

D

- Benefit from the educational plans prepared by the researcher in the attempt to apply specialized exercises on other samples corresponding to the current research sample to determine the extent of their impact and validity in the process of learning the current search variables.
- Make further studies to detect the effect of using the training method, or other teaching methods in specialized exercises in teaching other curricula and for different stages of study.
- Similar studies can be conducted for the present study, which will discuss applying other teaching methods on different sports activities and compare them with the training method in some specialized exercises.
- Increase the number of teaching hours practical curriculum specialization, because of its effective impact in learning the basic skills of various sports .

**University of Mosul
Collage of Basic Education**



**The impact of the training style
accompanied by a number of specialized
exercises in development of the art of
skillful performance and achievement in
free style swimming for a distance of 25
meters**

Master thesis submitted by

Omer Younis Mohammad Hussein Al - Suaidy

physical Education / Sports Science

Supervised by

Prof. Dr.

Qusay Hazim M. Alzubaydi

2018 A.D ————— 1440 A.H