

Abstract

The Effect of Computerized Training Program in Teaching some of the Ground Movements Skills in Technical Gymnastics for Students of the Faculty of Physical Education in Jordan.

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This study aimed at identifying the effect of computerized Training Program in teaching some of the ground movements skills in gymnastics for Students of Faculty of Physical Education . The skills taught were: Forward roll , Backward roll ,Hand stand and Cart wheel. The sample of the study consists of 25 students from Faculty of Physical Education at Muta University . To achieve the aims of this study the researcher has put forward the following hypotheses :-

- There are no significant statistical differences at ($\alpha \leq 0.05$) in the average of skills teaching scale between the pre- test and post - test to of the experimental group, which used the Computerized Training Program in teaching some of the ground movements Skills in Gymnastics .

-There are no significant Statistical differences at ($\alpha \leq 0.05$)in the average of skill teaching scale in the post -test between the experimental group which used the computerized Training Program and the control group which used the traditional method..

-The researcher has designed a computerized Training Program in accordance with the bases accredited in designing Computer Soft wares ,and to achieve the aims of the study , the researcher used the semi-Experimental approach Due to its appropriateness to the nature of this study through Equivalent Groups on a sample which Consists of 25 students from the Faculty of Physical Education at Muta University ,Who were divided into Two Groups, Experimental Group which consists of 12 students upon whom the Computerized Training Program was applied and the Control Group which consist of (13) Students upon whom the Training Program was applied using the Traditional approach which is used in teaching the skills of Gymnastics.

- The researcher conducted a pre-test on the Levels skill for both the control group and the experimental group .Then the researcher applied a computerized training program for eight weeks. Then he conducted the

post-test by the same committee of referees and conducted the pertinent statistical analyses . This study has come out of the following results .

- There are significant statistical differences at the level ($\alpha \leq 0.05$) in the average of performance degrees between the pre-test and post -test to the members of the experimental group which used the computerized training program .

-There are significant statistical differences at the level of($\alpha \leq 0.05$) in the average of performance degrees in the post -test between members of the experimental group ,which used the computerized training program , and the control group which used the traditional approach in all the skills which have been taught in favour of the experimental group .

The researcher has come up with the following recommendations:

1- The necessity of using computer as an assistant device in teaching ,shows its importance in facilitating teaching , acquiring and mastering the basic skill in gymnastics .

2- The researcher also recommended taking on computer programs which are used to facilitate the task of instructors , producing programs in the field of physical education and in gymnastics specifically in difficult skills .

3- These programs help to clarify a lot of difficult vague points and to conduct further similar studies .