THE EFFECT OF AN EDUCATIONAL CURRICULUM ACCORDING TO THE SENSE-KINESTHETIC PERCEPTION TO LEARNING THE ACCURACY OF PERFORMANCE OF SERVING AND RECEIVING SKILLS OF VOLLEYBALL

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ABSTRACT
The mastery and accuracy of performing basic skills in volleyball is one of the most important factors that achieve victory for the team, as the success of any team depends on the ability of its players to perform skillfully and with the least number of errors, so players must learn them and master them well in terms of awareness and appreciation of the components and vocabulary of motor performance, and on despite the availability of physical properties, abilities and mobility factors for most of the students, the researcher noticed during her presence in the field that there is a weakness in the performance of basic skills, including (the skill of sending and receiving), therefore, the two researchers decided to prepare an educational program to produce the motor sentence in its precise form that requires awareness of the parts of the skills to produce the best performance, where the perception of the kinesthetic stands as one of the important factors in this game for its prominent role in muscle and nervous coordination and coordination, and the need for it does not stop in naming it as a complementary whole, but rather follows it in its parts or its components such as estimating time, distance, and force needed to control movements and level of performance.

The aim of the research is to prepare and identify the effect of the educational curriculum according to the sensory-kinesthetic in learning the accuracy of performance of serving and receiving skills of volleyball, and the researchers used the codified educational curriculum for the pre and post-test of the experimental group, and the research community was identified for students of the College of Physical Education and Sports Sciences for evening study, second phase for the 2020 season, their number is (20) students, as the research sample was selected using the comprehensive inventory method and the sample was divided into two experimental groups and the control group, with (10) students per group, the educational curriculum was applied to the experimental group for a period of six weeks with two educational units per week, the researchers used the (SPSS) statistical bag to process the data and obtain the results, the researchers reached the most important conclusions that the educational curriculum according to the sensory-kinesthetic perception had a positive effect in learning the accuracy of performance of serving and receiving skills of volleyball for female students.

Keywords: Educational curriculum, sensorimotor perception, serving and receiving skills, volleyball.

I. INTRODUCTION
Achieving the best results is achieved by following accurate and objective scientific knowledge in a sound and planned manner in terms of behavioral responses in the sports field that are expressed through movement, where the perception of movement is of great importance in neuromuscular compatibility and in basic experiences that reflect the development of the level of commands in most special skills in the volleyball competition, and the basic skills are (sending and receiving skills) in the game, you need an educational program based on sound scientific foundations, as learning a skill and being able to perform it is a prerequisite for mastering and building a strong base in learning the basic skills of the game, and that the study of the perception-kinesthetic processes in various aspects is one of the vital topics related to the performance of the level that achieves high results. The aircraft is characterized by accuracy in the level of performance for each skill and employment and evocation of all the requirements of mental operations of perception, feeling and an extremely accurate estimate of time, distance required and necessary strength.
Research problem:
The game of volleyball is one of the sports that contains complex and complex multiple skills that require a high ability of neuromuscular compatibility and in the perception and appreciation of the components and vocabulary of motor performance, and despite the availability of physical properties, abilities and motor components of most students, the researchers noted during their presence in the field that there is poor performance of basic skills, including (the skill of sending and receiving), therefore, the researchers decided to prepare an educational program to produce the motor sentence in its precise form, which requires awareness of the parts of the skill to produce the best performance, where the perception of the kinesthetic stands as one of the important factors in the game for its prominent role in muscle and nervous coordination and coordination, and the need for it does not stop in naming it as a complementary whole, but rather follows it in its parts or its components such as estimating time, distance, and force needed to control performance level movements.

Research objectives:
Preparing an educational curriculum based on the sensory-kinesthetic perception in learning the accuracy of performance of the transmission and reception skills of volleyball.

Identify the educational curriculum according to the sensory-kinesthetic perception in learning the accuracy of the performance of the two skills of sending and receiving in volleyball.

Research hypotheses:
The educational curriculum according to the sensory-kinesthetic perception has a positive effect on learning the accuracy of performance of the transmission and reception skills of volleyball.

Research fields:
The human field: Female students of the College of Physical Education and Sports Sciences for the second phase evening study for the 2020 season.


Spatial field: The closed hall in the College of Physical Education and Sports Sciences / University of Baghdad.

II. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

Research Methodology:
The researchers used the experimental method by pre and post testing of the experimental group and the control group for its suitability to the nature of the research.

Community and sample research:
The research community was identified of the College of Physical Education and Sports Sciences students for the evening study of the second phase of the season 2020 was identified, and their number was (20) students, and the sample was divided into two groups, the experimental group and the control group, with (10) students per group.

Measures of homogeneity and equivalence were performed for the sample and the results were:

Table (1) shows the homogeneity of the sample.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measuring unit</th>
<th>Mean</th>
<th>Median</th>
<th>Std. Deviation</th>
<th>Skewness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length</td>
<td>Cm</td>
<td>152.13</td>
<td>152</td>
<td>4.172</td>
<td>0.262</td>
</tr>
<tr>
<td>weight</td>
<td>Kg</td>
<td>56.62</td>
<td>54.11</td>
<td>6.345</td>
<td>1.874</td>
</tr>
<tr>
<td>Age</td>
<td>Year</td>
<td>19.600</td>
<td>21.00</td>
<td>1.862</td>
<td>0.485</td>
</tr>
</tbody>
</table>

Table (2): shows the arithmetic mean, standard deviations, the calculated (t) value and the significance of the differences in the examined tests between the experimental and control groups in the pre-test.

<table>
<thead>
<tr>
<th>N</th>
<th>Variables and tests</th>
<th>Groups</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>T value</th>
<th>Sig level</th>
<th>Sig type</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sensory-kinesthetic test with time</td>
<td>Experimental</td>
<td>4.71</td>
<td>2.17467</td>
<td>1.311</td>
<td>0.226</td>
<td>Non sig</td>
</tr>
<tr>
<td>---</td>
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<td>-------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td></td>
<td>4.93</td>
<td>1.40543</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sensory-kinesthetic test with distance</td>
<td>Experimental</td>
<td>4.44</td>
<td>4.879</td>
<td>1.472</td>
<td>0.179</td>
<td>Non sig</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td></td>
<td>4.52</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sensory-kinesthetic test with force</td>
<td>Experimental</td>
<td>4.80</td>
<td>0.4099</td>
<td>1.223</td>
<td>0.256</td>
<td>Non sig</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td></td>
<td>4.95</td>
<td>0.3647</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>The accuracy of serving</td>
<td>Experimental</td>
<td>10.500</td>
<td>2.9132</td>
<td>1.336</td>
<td>0.218</td>
<td>Non sig</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td></td>
<td>10.400</td>
<td>2.4108</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>The accuracy of receiving</td>
<td>Experimental</td>
<td>11.300</td>
<td>1.74778</td>
<td>1.279</td>
<td>0.237</td>
<td>Non sig</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td></td>
<td>11.100</td>
<td>1.21139</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Significant at the significance level (0.05) if the error level is less than (0.05).

The following methods and tools were used in the research:
Observation, tests and measurements, device for measuring height and weight , volleyball number (2) , legal volleyball court , numbered circles starting from number (1-12) diameter of one circle (50 cm) , electronic stopwatch 1/100 of a second type (Sport - Time) made in Japan , a metal ruler with a length of (1 m) on which units of measurement (cm) , a metal ruler of length (1 m) with units of measurement (cm) and a piece of magnetic metal.

Tests used:
- Sensory-kinesthetic test with time.
- Sensory-kinesthetic test with distance.
- Sensory-kinesthetic test with force.
- The accuracy of the serving from the bottom.
- The accuracy of receiving the transmitter from the top.

Exploratory experience:
The researchers conducted an exploratory experiment on Monday 10/2/2020 on (5) students from the original research community who were randomly selected and the aim of the experiment was the following:
Identify on the extent to which players understand the vocabulary of skill tests.
Identify the factors and obstacles that may appear when implementing the tests and the educational curriculum, and work to find solutions to them.
Organizing the work of the team, assisting work and clarifying instructions and instructions related to taking the tests

Pre-test:
The researchers conducted the pre-test on Wednesday, 12/2/2020, at the College of Physical Education and Sports Sciences Hall, University of Baghdad.

The researchers implemented the educational curriculum, which includes (12) educational units in the volleyball lesson for the second stage, which includes (6) educational units for sending in four weeks of (2) units per week and (6) educational units to receive the transmitter and in four weeks as well, at (2) units per week The teaching unit time is (90) minutes for the preparatory department (20) minutes, the main section (60) minutes, the final section (10) minutes, and the tests for the kinesthetic perception and were keen to provide the appropriate atmosphere. The researchers conducted the kinesthetic perception tests that included the sense test with time estimation, the sense test for distance estimation and the sense test for strength estimation. The results of the tests were recorded in Individual form.

Post-test:
After completing the implementation of the educational curriculum within the specified period, then conducting the research tests on Sunday 5/4/2020, and the researcher took into account the provision of conditions similar to the pre-tests in terms of (time, place, tools used, and the method of conducting the tests).

The following statistical means in the research: The researchers used the Statistical Package (SPSS) to find the appropriate statistical treatments.

Research results:
The results of the experimental and control groups in the studied variables were presented, analyzed and discussed, as well as the results of the differences between the pre and post-tests of the experimental group in the studied variables were presented and analyzed.

Table (3) shows the difference of the arithmetic mean, its standard deviation, the value (t), and the significance of the differences between the results of the pre and post-tests of the two research groups in the variables in question.
Table (4) shows the difference of the means, the value of (t), the level of error and the significance of the differences between the results of the post-test of the two groups of research in the variables under investigation.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measuring unit</th>
<th>Pre-test</th>
<th>Post-test</th>
<th>T value</th>
<th>Sig level</th>
<th>Sig type</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>Mean</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Std. Deviation</td>
<td>Std. Deviation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sensory-kinesthetic test with time</td>
<td>second</td>
<td>4.42</td>
<td>4.75</td>
<td>3.970</td>
<td>0.004</td>
<td>Sig</td>
</tr>
<tr>
<td>Sensory-kinesthetic test with distance</td>
<td>Cm</td>
<td>4.11</td>
<td>4.29</td>
<td>4.982</td>
<td>0.001</td>
<td>Sig</td>
</tr>
<tr>
<td>Sensory-kinesthetic test with force</td>
<td>Kg</td>
<td>4.52</td>
<td>4.78</td>
<td>4.262</td>
<td>0.003</td>
<td>Sig</td>
</tr>
<tr>
<td>The accuracy of serving</td>
<td>Degree</td>
<td>15.800</td>
<td>13.200</td>
<td>4.380</td>
<td>0.002</td>
<td>Sig</td>
</tr>
<tr>
<td>The accuracy of receiving</td>
<td>Degree</td>
<td>16.200</td>
<td>14.100</td>
<td>3.271</td>
<td>0.011</td>
<td>Sig</td>
</tr>
</tbody>
</table>

Significant at the significance level (0.05)

III. DISCUSSING THE RESULTS:

The results of tables (3 and 4) show that there are significant differences in the research variables between the pre and post-tests of the two research groups and in favor of the post test. The repetition of basic skills for each game so that its execution is automatic, thus freeing the nervous system to focus on other variables, and here it gives the student the technique and the perception of the motor sense of skill (Ya'rib Khayun: 2000) (3), and that sense of time is one of the important motives and principles that lead to linking the various independent motor elements in the overall unit of skill performance and the importance of estimating time as an important variable of the perception variables of kinesthetic and the nature of performance in the skill (Ahmed Omar Suleiman: 1995) (4), the technical performance of the two skills of transmission, its reception and accuracy, the researcher attributes this increase to the continuous training of adherence to educational units in one week and correcting errors simultaneously with performance has a positive effect on their skill performance. Practice and effort by training and continuous repetitions are necessary in the learning process, and that learning is an auxiliary factor. And it is necessary in the process of the individual's interaction with the skill and controlling his movements and achieving coordination between the movements that make up the skill in a sequential, proper and appropriate time and continuous training alone increases the development of skill learning and its development (Najah Mahdi and Akram Muhammad Sobhi: 1994) (5), where the ability of the player to some motor skills is determined by his possession of the sense-kinesthetic abilities required to acquire and perform those skills, so when the student possesses a set of advanced sense-kinetic abilities, she will be able to perform many motor skills with high sufficiency and although each skill is unique to its components, but There are basic sense-motor abilities that can contribute to the acquisition and performance of a large number of skills (Stalling: 1995) (6). The researchers attribute this to the importance of estimating distance in participating in the success of the accuracy of the performance of the skills of transmitting and receiving in volleyball, and that moving in a vacuum and defining it is one of the complex functions of the central nervous system, and it is achieved by consulting and attracting the activity of various sensory analyzers, where these analyzers play the most roles in the success of the performance motor skills, and through the explanation that the researcher does during the skill presentation, she works
effectively in presenting and presenting the skill in an exciting way that stimulates the students' senses and increases their ability to perceive and sense the movement of skills when starting to apply the skill exercises during the educational unit on the interaction of the learners among themselves and all this undoubtedly will increase their response to learning and raising the level of their mental abilities served to increase their desire and stimulate their spirit of excitement and competition through diversifying the process of displaying the intended skill in learning (1999: Singer) (7). The assessment of strength provides an appropriate climate for better performance of basic skills, the ability to display the appropriate amount of muscle strength required for the nature of motor performance is one of the important functions of the central nervous system, and these functions arise from the influence of sensory receptors for muscles, tendons, ligaments and joints, so the sensory centers in the brain provide information about muscle shortening or lengthening, and the degree of contraction and relaxation. Therefore, it affects the performance nature of the basic skills in volleyball (1993: Stalling) (8) in the progress and development of technical performance and accuracy of any skill that is achieved through practice and repetition and avoiding errors and this is done from the practical performance of the learner under the guidance of the teacher or trainer and this in itself is one The main steps involved in teaching motor skills (Arnold: 1998) (9).

IV. CONCLUSIONS:

- The results showed a significant between estimating time and the skills of serving and receiving between pre and post measurement through the educational program of the experimental group and in favor of telemetry.
- The results showed a significant difference between estimating the distance and the skills of serving and receiving between the pre and remote measurement of the experimental group and in favor of the telemetry.
- The results showed a significant difference between estimating the power and the skills of serving and receiving between the pre and remote measurement of the experimental group and in favor of the telemetry.

Recommendations:

- Paying attention to mental training and developing mental abilities, especially the perception of movement, with educational programs prepared for the skills of serving and receiving in volleyball.
- Providing an environment rich in the stimuli of the type of sports practice that contributes to the development of sensory abilities and raises the level of sensory-motor perception in volleyball skills.

REFERENCES:

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