THE EFFECT OF THE MOODLE PLATFORM ON LEARNING SOME FLOOR MAT SKILLS IN ARTISTIC GYMNASTICS FOR FEMALE STUDENTS

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ABSTRACT

The problem of the research lies: The Corona crisis cast a shadow on the education sector, as it prompted schools, universities and educational institutions to close their doors to reduce the chances of its spread and based on the directives of the Ministry of Higher Education and Scientific Research to generalize e-learning in Iraqi universities like other countries of the world, although education still does not comply with the requirements of E-learning, due to the weakness in the production of learning processes in general, where the researcher finds that one of the most important reasons for this is the shift of most educational units from the attendance system (attendance in the classroom to electronic systems that may limit the explanation of skill and its simulated presentation, which causes the emergence of cases of weak performance The skills of the total skills that the student is exposed to during the units of study as a result of the lack of actual practice in the performance of those skills.

That is why the researchers decided to conduct a scientific study of this problem by knowing the effect of the (Moodle) platform in learning some skills of the floor mat skills in artistic gymnastics for female students, in order to positively employ the (Moodle) platform in the service of the educational process.

The research aimed at: preparing educational units that serve the learning process within the capabilities available in the MOODLE platform), identifying the impact of the Moodle platform in learning some skills of the floor mat skills in artistic gymnastics for female students, identifying the differences between the experimental and control groups in the results of some tests of movement carpet skills. The floor is your artistic gymnastics.

The researchers used the experimental method to solve the research problem, and for the research community, it was done The research community was determined by the third stage students in the College of Physical Education and Sports Sciences / University of Kufa for the academic year 2020-2021, whose number is (34) students, and a sample of (20) students was chosen by the simple random method and by lottery method, where the researcher divided that sample randomly into two equal groups. (experimental and control) with (10) female students in each group, and (8) among the injured and pregnant women were excluded, in addition to the survival of (6) female students as an exploratory sample. The movement and skill adopted in this study.

As for the most important conclusions, they were: The (MOODLE) platform has a positive effect on learning some skills in artistic gymnastics for students, the diversity in presenting skills to students using new means represented by the (MOODLE) platform, contributed to learning some skills in artistic gymnastics for students, the (MOODLE) platform provided the element of suspense and excitement Which led to the development of desire and motivation among the students to learn some skills of artistic gymnastics..

The most important recommendations included: the necessity of adopting the MOODLE platform in learning some skills in technical gymnastics for female students, emphasizing the introduction of the (MOODLE)
platform during the educational units in learning some skills in technical gymnastics for female students, emphasizing the conduct of continuous development courses for trainers and teachers of gymnastics for the purpose of informing them of the latest learning strategies and methods, platforms and modern teaching aids, and training them on how to use them during the educational units.

I. INTRODUCTION TO SEARCH:

Introduction and importance of the research:

The scientific progress, which included all areas of life, including the sports field, and in most countries of the world was not a coincidence. Rather, these countries adopt many of the components of this progress, foremost of which is the adoption of the foundations and principles of scientific research and the fact that sport is one of the most important aspects of life and the progress of countries and the size of their sophistication for their interest in building the human being mentally, physically and kinesthetically, in order for the sport to achieve these goals in the shortest time and at the lowest cost, it is necessary to rely on educational technology.

As gymnastics is one of the difficult sports in its performance and rules of play, it is subject to many physical, kinetic, mental and psychological variables in line with the needs and requirements of the rules of playing in this sport, use of e-learning; Because it plays an important role in empowering the teacher and helping him and actually contributing to the learning and development of skills and the technical performance of the learner and a good investment of the time allocated to learning with high efficiency, through which the student can learn the motor performance better as a result of the weak mental and motor abilities of female students, which depends on the individual student effort in a way. Specifically, therefore, it aims to raise the level of motor performance, helping to develop the individual for the activities he performs in the future, which fulfill his desires and ambitions, and thus the student has an idea about her performance of skills. It also generates actual participation among students by creating a virtual environment that enables the student to see the performance of movements and skills better and better. Stereoscopic, which makes it recognize errors in performance.

Because the development and diversity of e-learning techniques contributes better to the process of learning and students’ acquisition of cognitive, skill and kinetic aspects, and it is more effective in achieving the goals of the educational process, and thus this study gains its importance and need through research work according to a scientific nature in how to use electronic educational aids in reality. The virtual and its investment to learn some skills of the floor movements in the artistic gymnastics for the third stage students in the College of Physical Education and Sports Sciences.

Therefore, through the field experience of researchers, they identified the problem of their research, as the Corona crisis cast a shadow on the education sector, as it prompted schools, universities and educational institutions to close their doors to reduce the chances of its spread and based on the directives of the Ministry of Higher Education and Scientific Research to generalize e-learning in Iraqi universities like other countries of the world despite the fact that Education still does not comply with the requirements of e-learning, due to the weakness in the production of learning processes in general, as the researcher finds that one of the most important reasons for this is the transformation of most educational units from the attendance system (attendance in the classroom to electronic systems that may limit the explanation and skill and display it fictitious, which It causes the emergence of cases of weakness in the skill performance of all the skills that the student is exposed to during the academic units as a result of the lack of actual practice in the performance of those skills.

That is why the researchers decided to conduct a scientific study of this problem by knowing the effect of the (Moodle) platform in learning some skills of the floor mat skills in artistic gymnastics for female students, in order to positively employ the (Moodle) platform in the service of the educational process.

Therefore, the researchers identified the objectives of the research, which are: the number of educational units that serve the learning process within the possibilities available in the MOODLE platform), to identify the impact of the Moodle platform in learning some skills of the floor mat skills in artistic gymnastics for female students, to identify the differences between the experimental and control groups in the results of some tests floor skills technical gymnastics.

The researchers hypothesized that the Moodle platform has a positive effect on learning some floor mat skills in artistic gymnastics for female students, as well as the presence of significant differences between the
experimental and control groups in the results of the tests of learning some floor mat skills in the dimensional artistic gymnastics for the benefit of the experimental group.

As for the fields of research, the human field was represented by the students of the third stage, College of Physical Education and Sports Sciences / University of Kufa in the academic year 2020/2021 AD, and the time for conducting the experiment was from 5/1/2020 to 14/6/2021, as for the place of conducting the experiment. Exercising and field experiments, the researchers chose the gymnastics hall in the College of Physical Education and Sports Sciences / University of Kufa.

II. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

Research Methodology:
The method is one of the important factors that the researcher follows to solve his problem, and it is chosen according to the nature of the problem to be studied, as the nature of the problem necessitated the researchers to use the experimental method because it fits the nature of the research problem, and by designing the method of the two equal groups (experimental and control) with two tests, pre and post.

Community and sample research:
The research community was determined by the third stage students in the College of Physical Education and Sports Sciences / University of Kufa for the academic year 2020-2021, who numbered (34) students, and a sample of (20) students was chosen by the simple random method and by lottery method, where the researcher divided that sample randomly into two groups. Two equal (experimental and control) with (10) female students in each group, and (8) were excluded among the injured, in addition to the survival of (6) female students as an exploratory sample, and accordingly, the proportion of the sample from the original community represented (59%).

Devices, tools and means used in the research:

Means of data collection:
- Arab and foreign sources and references.
- Personal interviews.
- Tests and measurements.
- Special forms for recording test results for players.

Tools and devices used:
- The floor movement mat.
- Balance beam.
- Rugs of different sizes and heights.
- Colorful adhesive tapes.
- tape measure.
- A ruler with a length of (50) cm, number (1).
- Electronic stopwatch number (1).
- Camera (Sony) type (2) with brackets.
- Office supplies (papers and pens).
III. FIELD RESEARCH PROCEDURES:

Identification of some floor rug skills under study:
After obtaining the opinion of experts and specialists in the field of kinetic learning and gymnastics and consulting the supervisor, some technical gymnastics skills were identified for the students in the research, in addition to presenting these skills to the president and members of the scientific committee to approve the topic of the research, which in turn expressed its approval on these skills, namely: (diving, standing On the hands, the human wheel), the researcherS relied on technical performance tests for these skills.

1. Diving skill test
2. Handstand skill test
3. The human wheel test

Tools used: floor mat, performance evaluation form prepared in advance.

Performance Specifications: From a standing position and after hearing the start signal, the student performs a skill and according to its technical conditions.

Registration method: attempts are given to each student to perform a skill (and take the best), and they are presented to the arbitrators (evaluators), and the evaluation is of (10) degrees.

Exploratory experience of the tests used in the research:
The exploratory experiment was conducted before starting the basic experiment in order to know the most important obstacles and negatives in order to be addressed, and that the purpose of the exploratory experiment is:

- Ensure the validity of the equipment and tools used and their suitability for the tests.
- Ensure the suitability of the tests to the individuals of the research sample.
- Knowing the time required to apply the tests
- Knowing the response of the research sample to the tests.

Distribute the tasks of the assistant work team, and identify the negatives and positives that accompany the application of the tests in terms of requirements and method of work.

- Knowing the field difficulties that the researcher may face during the application of the tests.

Main experiment procedures:

Pre-test:
After completing the exploratory experiment, the researchers conducted tribal tests on the research sample for the two groups (control and experimental) for the study variables at ten o'clock in the morning on February 20, 2021.

Preparation and application of educational modules on the MOODLE platform:
After reviewing many references and sources, as well as benefiting from the opinions of some specialists and scientific sources, the researchers applied the educational units on the MOODLE platform by presenting skills within the MOODLE platform and according to the curriculum prescribed for the technical gymnastics for the third stage, with an average of two educational units, the duration of the educational unit (2 hours) at the rate of (4 hours) per week for a period of (8) weeks at a rate of (16) educational units.
The researchers began applying the vocabulary of the educational units on a platform to the experimental group on Monday 1/3/2021 until Monday 3/5/2021. The videos were uploaded according to the skill sequence in the curriculum for gymnastics on the website. The students were informed after they were added to the platform (MOODLE) through the icon assigned to them to view the required skill to be learned so that they have an eternal idea of the required skill.

**The video content is as follows:**

Presentation of schematic diagrams illustrating the cognitive aspect of the skill, including (the preparatory part, the main part, the concluding part) with a detailed explanation of each part of the skill in the form of a diagram by adding an animation showing the parts of the skill.

**Presentation of the practical side in the form of a video as follows:**

- Presenting a small part of the previous skill as a reminder to the students.
- Presenting the technical points of performance of the skill with a note for each technical aspect of the skill to enhance the content and performance in a sound manner with a correct path.
- Presenting the educational steps with the aids that serve the student in performance. Show proper methods of skill training.
- Adding the best part of the common mistakes that students always make about performing the skill in order to be avoided while giving feedback.
- Depicting the skill performance of the two students as a presentation model for the students from within the research sample and presenting it in the electronic lessons.
- A practical video of the students was requested during the performance at home in order to correct the skill and give feedback in the form of a voice print.

**Post-test:**

The researchers, with the help of the assistant work staff, conducted post-tests on the research sample after completing the application of the MOODLE platform on 5/6/2021.

**The statistical methods used in the research:**

- The researchers used the statistical bag (spss) in analyzing the research results, including
  - Arithmetic mean.
  - Mediator.
  - standard deviation.
  - skew modulus.
  - Test (t) for interconnected samples.
  - Test (t) for independent samples.

**Presentation, analysis and discussion of results:**

Presenting the results of the pre and post tests for the control and experimental groups for the variables under investigation:

Table (1) It shows the significant differences in the two dimensions of skill performance.
### Discussion of the results of the evaluation of technical performance skills in the pre and post choices of the two research groups.

Through the results presented in Table (1), which show that there are significant differences between the tribal and remote tests of the technical performance of some artistic gymnastics skills for the players and in favor of the post tests, and for both the control and experimental groups, and the researchers attribute the reason for these differences for the members of the control group to their commitment to skill exercises which were developed within the (MOODLE) platform followed by the teacher and used to develop the mental and motor abilities that were in harmony with the level and abilities of the members of this group.

It relied mainly on gradual learning from easy to difficult, which led to the enhancement of technical performance acquisition of skills, and this is consistent with what was referred to as “for the purpose of obtaining learning, there must be attempts to practice the exercise and that the most important variable in Motor learning is the motor practice and the exercise itself.” (1) In addition, the results also confirmed that the use of equal repetitions for the members of this group to implement what is required of them during the educational units, which are equal opportunities to obtain a good amount of development related mental and motor abilities (platform (MOODLE)) with the technical performance of artistic gymnastics skills.

Which led to an increase in their motivation in implementing the skill in the educational units and their parts and applying it clearly and well, in addition to the role of the skill provided by the school to the students which formed an essential element in acquiring the technical performance of the three skills, and this was evident in the progress of the results of the post-tests, and this is consistent with what was done It was mentioned in "The exercise or training during the educational unit was found to help improve skill performance, and it depends mainly on the type and task of the educational unit." (2)

As for the experimental group, whose results in Table (1) showed that there are significant differences between the tribal and remote tests in favor of the post-test, and the researchers attribute the reason for this to the application of the vocabulary of the (MOODLE) platform by the members of this group, as learning according to the vocabulary of the (MOODLE) platform prepared by the researcher It has given positive results in acquiring the technical performance of the three skills (technical performance, diving on the floor movement mat, technical performance of handstand on the floor movement mat, and technical performance the human wheel on the floor movement mat) in the technical gymnastics for female students, since the vocabulary of the (MOODLE) platform was based mainly on that Students have an active and important role and be the center of the learning process.
This vocabulary was used by the (MOODLE) platform for the members of the experimental group by diversifying the ways of providing information and knowledge (feedback) for the three skills by using a new educational method represented by the educational platform that allowed them to watch many videos and pictures of these skills, which contributed in enhancing their motor performance development, the result was positive for them, and this provided them with an element of excitement and suspense and developed their desire and motivation to learn the three artistic gymnastics skills, especially since they were able to use the educational platform (MOODLE), and this is consistent with what was indicated in that “Diversity in the ways of providing scientific knowledge to players through the use of new educational means represented by using the educational platform in addition to watching many videos and images contributed to enhancing learning motivation.” (3) All of this worked on the progress and improvement of the experimental group students in the post tests and had a positive impact on improving the results of the post tests.

Presentation and analysis of technical performance evaluation results for skills in the post-tests of the two research groups.

Table (2) shows the significant differences in the two dimensions of skill performance

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measuring unit</th>
<th>Control</th>
<th>Experimental</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>Std. Deviation</td>
<td>Mean</td>
</tr>
<tr>
<td>Diving</td>
<td>Degree</td>
<td>5.23</td>
<td>1.09</td>
</tr>
<tr>
<td>front stand</td>
<td>Degree</td>
<td>5.12</td>
<td>0.75</td>
</tr>
<tr>
<td>human wheel</td>
<td>Degree</td>
<td>5.35</td>
<td>1.04</td>
</tr>
</tbody>
</table>

The degree of freedom (18), the differences were significant at the level of significance (0.05).

Discussing the results of technical performance evaluation skills for the two research groups in the dimension:

Through the results presented in Table (2), which show that there are significant differences between the pre and post tests of the technical performance of some artistic gymnastics skills for the female students and in favor of the post tests, and for both the control and experimental groups. The researchers attribute the reason for these differences for the members of the control group to their commitment to the skills that It has been placed within the vocabulary of the (MOODLE) platform, which is used to develop the mental and motor abilities that are consistent with the level and capabilities of the members of this group.

It relied mainly on gradual learning from easy to difficult, which led to the enhancement of technical performance acquisition of skills, and this is consistent with what was referred to as “for the purpose of obtaining learning, there must be attempts to practice the exercise and that the most important variable in Kinetic learning is motor practice and the exercise itself.” (4)

In addition, the results also confirmed that the use of equal frequencies for the members of this group in the implementation of what is required of them during the educational units, which are equal opportunities to obtain a good amount of development of mental and motor abilities linked (MOODLE platform) to the technical performance of gymnastics skills Technical, which led to an increase in their motivation in implementing skills during the educational units and their parts and applying them clearly and well, as well as the role of development, which formed an essential element in acquiring technical performance for the three skills, and this was shown by the progress of the results of the post-tests, and this is consistent with what was mentioned in "Exercise or training during the educational unit was found to help improve skill performance, and it depends mainly on the type and task of the unit." (5)

IV. CONCLUSIONS AND RECOMMENDATIONS:

Conclusions:
Based on the research results that were reached within the limits of the research community, the following conclusions were reached:

1. The (MOODLE) platform has a positive effect on learning some skills of artistic gymnastics for female students.

2. Diversity in presenting skills to students using new means represented by (MOODLE) platform, which contributed to learning some skills in artistic gymnastics for students.

3. The (MOODLE) platform provided the element of suspense and excitement, which led to the development of the desire and motivation of female students to learn some skills in artistic gymnastics.

Recommendations:

1. The necessity of adopting the MOODLE platform to learn some skills of artistic gymnastics for female students.

2. Emphasis on introducing the MOODLE platform during the educational units in learning some skills in artistic gymnastics for female students.

3. Emphasis on conducting continuous development courses for gymnastics trainers and teachers for the purpose of informing them of the latest learning strategies and methods, platforms and modern teaching aids and training them on how to use them during the educational units.

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