The effect of the six hats strategy on learning back stroke swimming skills

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Abstract: The goal of researching to the preparation of educational units in the six hats strategy to teach stroke swimming skills and identify the effect of the six caps strategy to learn noon swimming skills. The researcher has imposed the researcher with a statistically significant difference in the martial tests of the stroke swimming between tribal and diminishing tests for the control and experimental group.

There is also a statistically significant difference in the martial tests of the back between the dimensions of my research group. The researcher used the two groups, either the research sample was selected from the second phase students (2018-2019). Division (20) Students After obtaining results from the tests conducted by the researcher on the research sample and after statistical treatments have reached the following conclusions:

1. The teaching prepared in accordance with the six hats strategy to learn back swimming skills proved its worth through the results of the experimental group against the control group.
2. To teach the use of the six hats strategy appointed students in the development of their thinking, which could help them in the future take advantage of their self-sufficiency.
3. Teaching of thinking is possible under the availability of modern strategies, a teacher and material potential and the creation of appropriate conditions for its application.

The most important recommendations were:
1. Conduct a study to see the impact of the six caps strategy on other subjects.

1 - Definition of Research
1-1 Introduction

Our current time is a quick change in various sciences, including thinking, where he is a factor in human life, it helps to guide life and progress as it helps to solve many problems so that we qualify for future science and creations, and that attention to the development of thinking as occupying The president's position in all sciences, because the task of thinking lies in finding solutions to everything that is exposed to human or practical problems and access to a level of upgrading and progress. (6: 15: 2006) Due to the importance of thinking among learners, researchers have developed a large number of strategies, including the world (Edward Debono) over many years of senior and wide widespread programs at the foreign and Arab level in the development of thinking and from
the most important strategy of six thinking caps. The six thought caps are one of the most important strategies that help to give the process of thinking of time and effort where the key hats is directing the student to thought in a certain way and then ask him to switch to another way, and all in order to raise them to see things from different angles, The teacher can teach students thinking skills through the hats game, when they know every hat will stimulate them to think deeply in every pattern of six styles (Adord de Pono) said that each hat is added, and through which the individual can determine a kind or pattern of appropriate thinking for the role of hats: (2: 236: 2001)

1. White Hat (The White Hat): symbolizes given information and data and is objective.
3. Yellow Hat: (The Yellow Hat) is an optimistic hat, refer to positive thinking and highlight the pros.
4. The Black Hat (The Black Hat): It indicates fear, pessimism, criticism and thinking of errors or loss, with negatives, obstacles, problems, shortcomings and treatment.
5. Green Hat (The Green Hat): It symbolizes creative thinking green creativity code.
6. The blue hat (The Blue Hat): Indicates thinking (Chalet) called the thinking of overview

The idea of colors in hats help students in their thinking process, knowing the difference in ways of thinking that is necessary for different educational attitudes, which facilitate learning process. (9: 218: 2018)

This strategy has developed and developed in the labor market and trade as other strategies. The six hat strategy is known as fake hats I am not patterns in thinking, each is used to think about a particular style about the subject and then move to another style in the same topic and so on. (3: 16: 2002)

Or are "different models of thinking seeks to achieve the positive goals." (10: 33: 2009)

The hats that are talking about strategy are hats are not real, but psychological hats, that is, no one will wear any real hat.

The swimming lesson needs students to teach students how to think correctly for how to learn skills by understanding their performance method, and to remove the lesson on the monotony that can lead to a bored 's feeling about the method of tradition of the school performance only without thinking about the right performance, so It is necessary to diversify the appropriate teaching strategies and methods and methods that should be educated for students. Scientific recognition and understanding of the student on her role in the swimming lesson, as well as knowing her in a proper performance and way of correcting every error by learning to learn the back swimming skills.

1-2 Research Problem:
The swimming lesson is one of the lessons contained in the second phase curriculum at the Faculty of Physical Education and Sports Sciences - University of Baghdad and by observing the field researcher for this stage that there is weakness in learning stroke swimming skills and may be due to most schools may use traditional methods in teaching. The teacher is no matter how explaining or explained errors in any educational style that is not clear as an imagination of the learner, making it easier to imagine the kinetic skill and absorb and permeate it, and hence the problem of research has emerged in the following question:

How long the six hack strategy is learned to learn noon swimming skills for students?

1-3 Research objectives
1- Preparation of educational units with the six hats strategy to teach stroke swimming skills.
2- Identify the impact of the six hats strategy to learn noon swimming skills.

1-4 Research hypothesis
1- The presence of a statistically significant difference in the martial tests of the back between tribal and diminishing tests for the control and experimental group.
2- The presence of statistically significant difference in the skillful tests of the back between the dimensions of my research group

1-5 Fields of Research
1-5-1 The human field: Students of the second phase of the Faculty of Physical Education and Sports Sciences - University of Baghdad
1-5-2 Spatial domain: Swimming pool of Faculty of Physical Education and Sports Sciences - University of Baghdad
1-5-2 Time domain: 10/2/2019 until 14/4/2019

1-6 key words:
The six hats strategy: a mental strategy aimed at simplifying the process of thinking and increasing its actor and allows the thinker of moving or changing the modest style of thinking, which is used by the individual in most of his life, which is developed and effective in terms of strength and speed of effect. Also. (5: 145: 2012)

2 - Research methodology and field procedures:
2-1 Research methodology:
researcher was used The experimental approached in the manner of two equivalent groups (an experimental group and an control group) because it is compatible and the nature of the problem and is known as "intentional change and the conditions specified for an incident and observation of changes in the same incident and interpretation." (6: 228: 2006)

2-2 Research Society and Sample:
The research community was chosen for the second stage, for the academic year (2018-2019) and its number (75) student distributors on (3) people, either the sample of the research has reached (40) students with two people who have been randomly selected after the displacement was excluded Patients and absences so that the number of students of each division (20) student, and the percentage of 53.33%

Table (1) The sample distribution shows

<table>
<thead>
<tr>
<th>Group</th>
<th>Group type</th>
<th>User educational style</th>
<th>Sample Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>Experimental</td>
<td>Experimental Strategy Six Caps</td>
<td>20</td>
</tr>
<tr>
<td>Second</td>
<td>Control</td>
<td>Style Control Prepared by School</td>
<td>20</td>
</tr>
</tbody>
</table>

2-3 homogeneity and sample parity:
The researcher has imposed that the sample is homogeneous as students from beginners, reconstruction and levels are close and within one stage and one.
Either the sample equality was made in the tribal tests for back swimming skills, using the T-Test test as shown in table (2).

Table (2)
The results of the homogeneity of experimental, controls calculations, standard deviations and differences and (t) are calculated and the level of significance.

<table>
<thead>
<tr>
<th>No</th>
<th>Variables</th>
<th>Experimental</th>
<th>Control</th>
<th>(t) calculate degree</th>
<th>(SIG)</th>
<th>The statistical signs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>m</td>
<td>s</td>
<td>m</td>
<td>s</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Back stroke swimming 20 m/legs</td>
<td>4.75</td>
<td>1.65</td>
<td>4.90</td>
<td>1.58</td>
<td>0.239</td>
</tr>
<tr>
<td>2</td>
<td>Back stroke Swimming 20 m/arms</td>
<td>4.40</td>
<td>1.04</td>
<td>4.90</td>
<td>1.41</td>
<td>1.237</td>
</tr>
<tr>
<td>3</td>
<td>Back stroke swimming 20 m</td>
<td>5.65</td>
<td>0.670</td>
<td>5.85</td>
<td>0.933</td>
<td>0.778</td>
</tr>
</tbody>
</table>

Freedom degree (n-2) = 38 levels (0.05)
From Table 2 (2) The calculated values (T) have emerged at the highest level (0.05), indicating that there are no differences between the search groups and this indicates the equivalence of the sample and the possibility of starting the experience of one initiation line

2.4 Means of collection of information, tools and devices used:

2.4.1 Means of collection of information:

- Arab and foreign sources.
- International information network.
- Assistant staff.

2.4.2 Tools and research equipment:

1. Swimming pool of physical terrible and sports sciences - University of Baghdad
2. measuring tape
3. Explanatory images of back swimming skills

2.5 Field research procedures

2.5.1 Determination of study variables and tests:

The researcher identified the basic skills with noon in the course of the Faculty of Physical Education and Sports Sciences - University of Baghdad:

1. skill of legs.
2. skill of arms.
3. breathing skill.
4. Total compatibility skill.

2.4.2 Tests used in research: Expert agreement was on the following tests:

The first test:

Swimming with two men only for distance (20) m (4: 281: 1999)

Test Objective: Measurement of the distance from the student when you perform swimming with men only.


Test Description: The student stands in the aquarium is encountered by the edge of the aquarium. Hand stuck by the edge of the swimming pool and feet are mutated from the knee and surrounded on the pelvic wall, when you hear the start signal.

Recording Test: The distance is recorded from the edge of the aquarium until the student parking is recorded on its legs.
The second test:
Swimming with arms only for distance (20) m (4: 282: 1999)
Test Objective: Measurement of the distance from the student when the swimming of arms is performed only.
Test Description: The student stands in the aquarium is encountered by the edge of the aquarium.
Test Record: The distance is calculated from the edge of the aquarium and even parked for the student on its legs.

Third test:
Free Swimming Pool 20 m: (4: 282: 1999)
• Test target: Measure the distance between the student when the back of the back.
• Testing tools: swimming pool, tape measure.
• Performance Specifications: The student stands in the aquarium facing the pelvic edge, stuck by the edge of the swimming pool and feet of the knee and gripped on the pelvic wall, when hearing the start signal.
• Test registration: The test is recorded by the distance from the pelvic wall and even the student parking on its legs

2-6 experience reconnaissance:
In order to get accurate and reliable results researcher conducted two experiments Asttalaitin (10) students on Monday 10/2/2019.

2-6-1 first exploratory experience:
The first experiment was aimed at:
Recognize the appropriateness of the tests with the level of the sample and the possibility of their application:
• bypass errors that may appear when you perform the tests.
• knowledge needed to perform the tests of time duration.
• Knowledge of the difficulties and obstacles facing the search procedures.
• understand the extent of the sample vocabulary test.

2-6-2 The second exploratory experience:
The second exploratory experience was conducted to identify the convenience of the search units for the search sample
2-7 tribal tests:
The researcher has conducted the tribal tests for the research sample of the study at 8 am from Tuesday, 17/2/2019.

2.8 Preparation and implementation of educational units:
The educational units are an essential structure of the experiment. The researcher enables its delicate test. (1: 78: 1999)
After identifying the back swimming skills, the researcher has developed the teaching units of the experimental group and the sample of the search and sample of (6) weeks and two educational units per week. Implementation of educational units:
1. The application of the educational units on Wednesday (Wednesday) (20/2/2012) and for the research groups, and ended the period of application of educational units on Wednesday (3/4/2019) and have implemented prepared educational units (school Sports. *
2. The two groups differed in the implementation of educational units in the main section of the educational unit.
3. The time taken for educational unit is 90 minutes distributed on the sections of the lesson as follows:

First: Preparatory Section:
The time allocated to 20 minutes, has been included on the introduction, warmons and physical exercises.

Second: Main Section:
The time allocated to him is 65 minutes divided into:
1- Educational activity:
The limited time is 20 minutes in which the skill has been explained by the school according to the steps of the six hats strategy as follows:
1- The white hat: The school begins to ask students about how to perform skill, and then explain the skill allocated with the explanation of exercises that will be given in the educational unit, then begin to apply them to students, then with a model, and then with each student.
2 - Yellow Hat: The school confirms the right way to how to perform skill or exercise.
3 - Red Hat: Students are asked to describe their sense during the performance of skill or exercise with school.

2. Applied activity:
It is considered 45 minutes and has been applied according to the steps of the six hats strategy as follows:
1- The black hat: Students are asked for the most prominent mistakes when applying skill or exercise, and then corrected by the school.
2 - Green Hat: The students are divided into aggregates for exercise performance, the school begins explain exercise and apply it, and then applied by female students, with the student's obligation to exercise according to its creative ability.
3 - Blue hat: In which skill performance is reviewed by the school and then evaluate students after each educational unit.

3 - Final Section:
The time allocated is 5 minutes, and a small game is given by the school.

2-9 dimensional tests:
The dimensional tests at the end of the application of the approach on Thursday, 7/4/2019 and the same tribal tests.

2-10 Statistical means:
The SPSS (V24) statistical was used in statistical processors.

3. Displays and discussion results:
The presentation of the results of tribal and permitting tests for the search and presentation of the calculations and standard deviations in illustrations after the statistical processes are made for easy observation and the possibility of comparing the control and perpetrators of the control and permit in the tribal and ventilation and interpretation of the reality of differences and statistical implications for achieving the search objectives and its statistics.

3.1 View the results of research tests and analysis and discussion:
3.1. results of tribal and diminishing tests for the research group (administration and experimental) and analysis:

<p>| Table (3) |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|</p>
<table>
<thead>
<tr>
<th>No</th>
<th>Variables</th>
<th>Tribal test</th>
<th>Dimensional test</th>
<th>F</th>
<th>F/D</th>
<th>(T) calculated degree</th>
<th>SIG</th>
<th>The statistical signs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Back stroke swimming 20 m/ legs</td>
<td>4.75</td>
<td>1.65</td>
<td>12.45</td>
<td>1.82</td>
<td>7.70</td>
<td>0.65</td>
<td>52.41</td>
</tr>
<tr>
<td>2</td>
<td>Back stroke swimming 20 m/ arms</td>
<td>4.40</td>
<td>1.04</td>
<td>12.25</td>
<td>2.61</td>
<td>7.85</td>
<td>1.66</td>
<td>21.10</td>
</tr>
<tr>
<td>3</td>
<td>Back stroke swimming 20 m</td>
<td>5.65</td>
<td>0.76</td>
<td>21.65</td>
<td>2</td>
<td>7</td>
<td>1.41</td>
<td>22.13</td>
</tr>
</tbody>
</table>

Freedom degree (n-1) = 19 levels (0.05)
It shows the table (3) for search tests, with respectable value (52.41, 21.10, 22.13) and SIG (0.05) at a significant level (0.05) and the degree of freedom (19), which means there are statistical differences between the test Tribal and backpacks and benefit.

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<tr>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Back stroke swimming 20 m/ legs</td>
<td>4.90</td>
<td>1.58</td>
<td>14.65</td>
<td>2.20</td>
<td>9.75</td>
<td>0.85</td>
<td>51.25</td>
</tr>
<tr>
<td>2</td>
<td>Back stroke swimming 20 m/ arms</td>
<td>4.90</td>
<td>1.41</td>
<td>14.50</td>
<td>2.32</td>
<td>9.60</td>
<td>1.09</td>
<td>39.19</td>
</tr>
<tr>
<td>3</td>
<td>Back stroke swimming 20 m</td>
<td>5.85</td>
<td>0.93</td>
<td>14.65</td>
<td>1.84</td>
<td>8.80</td>
<td>1.05</td>
<td>37.25</td>
</tr>
</tbody>
</table>

Freedom degree (n-1) = 19 levels (0.05)

It shows from table (4) for research tests, with respectable value (51.25, 39.19, 37.25) and SIG (0.05) at the level of (0.05) and the degree of freedom (19), which means there are statistical differences between the test Tribal and backpacks and interest.

3.1.2 shows the results of the dimensions of the research group (administration and experimental) and analysis and discussion:
The calculation and standard deviations and values (T) and the statistical significance of the consequences of the tests of the diminishing variables of the control and experimental groups

<table>
<thead>
<tr>
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<td></td>
</tr>
<tr>
<td>1</td>
<td>Back stroke Swimming 20 m/ legs</td>
<td>12.45</td>
<td>1.82</td>
<td>14.65</td>
<td>2.20</td>
<td>3.43</td>
</tr>
<tr>
<td>2</td>
<td>Back stroke swimming 20 m/ arms</td>
<td>12.25</td>
<td>2.61</td>
<td>14.50</td>
<td>2.32</td>
<td>2.87</td>
</tr>
<tr>
<td>3</td>
<td>Back stroke swimming 20 m</td>
<td>12.65</td>
<td>2</td>
<td>14.65</td>
<td>1.84</td>
<td>3.28</td>
</tr>
</tbody>
</table>

Freedom degree (n-2) = 38 levels (0.05)

It shows from Table (4) Value (t) calculated respectively for search tests (3.43, 2.87, 3.28) and SIG> (0.05) at the level of (0.05), and the degree of freedom (38) indicates statistical differences between Advantage tests and advantage of the experimental group.

The researcher attributed the cause of the experimental group on the control group in dimensional tests to be used for the six hats strategy that made the students are able to think of the correct performance method being with six different caps and used in the main section of each educational unit, and as these hats are all including a certain type of thinking, according to the type of activity practiced in the lesson, which has made the students able to participate in the lesson by helping them solve the problems they face when you perform the skill to get to the right performance method When using a certain hat of these hats, wearing every member of the group concerned, means that everyone is parallel and synchronized in the same direction. (3 :36: 2002)
The researcher also attributed the importance of teaching on the six-time strategy by counting its newly and developed an educational attitude, as they were used in the presentation and presentation of the lesson.

As a strategy that allows students to participate in all stages of the lesson, from the search for information and facts (white hat), and even the guidance and organization (blue hat), as well as allowing students to investigate information and positive thinking (yellow hat) and cash reflection (black hat) Expression of emotions (red hat) and conveyed with creative thinking requirements (green hat) as they require new development and ideas for modification and organization. (10: 35: 2009)

The importance of colors in this strategy is by counting a certain way of thinking, as people wearing all according to his thinking. (7: 55: 2005) Also, the researcher attributed the cause of the experimental group in all mistake tests with noon swords. To engage the sense of sight directly, making information into the learner can be sensitive and recognized directly. Visual perception is characterized by all the inputs we see and give it meaning through previous experience and in addition to its role in taking care and fun when learning and here can be said that planned programs can make learning continuously until the consolidation and performance of performance. (12: 127: 2006). We live in the world of optics because consideration is the most important source of information and is a basis for determining the movements to be implemented and valid as well as they help us know the results of performance and errors. (11: 36: 2004)

4. Conclusions and recommendations:

4-1 CONCLUSIONS:

After obtaining results from the tests conducted by the researcher on the research sample and after statistical treatments were conducted to the following conclusions:

1. The teaching prepared in accordance with the six hats strategy to learn noon swimming skills proved its worth through the results of the experimental group against the control group.

2. To teach the use of the six hats strategy appointed students in the development of their thinking, which could help them in the future take advantage of their self-sufficiency.

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3. The education of thinking is possible under the availability of modern strategies, a teacher and material potential and the creation of appropriate conditions for its application.

4.2 Recommendations:

In the light of the findings and conclusions they reached by the researcher, they recommend: –

2. Conduct a study to see the impact of the six caps strategy on other subjects.

3. Conduct a comparative study between six hats strategies, strategies or other teaching models.

4. Conduct a study to see the impact of the six hats strategy to develop types of thinking, for example (creative thinking, scientific thinking).

References


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