THE EFFECT OF A PROPOSED EDUCATIONAL PROGRAM ON IMPROVING THE LEVEL OF TECHNICAL PERFORMANCE AND THE HOP OF THE TRIPLE JUMP

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ABSTRACT:
The aim of the research is to identify the effect of proposed educational program on enhancing the technical performance and doing the triple jump for the members of the research sample. The researchers used the experimental ways in a controlled manner for its suitability and the nature of solving the research problem, as this method is one of the most accurate, best and most efficient types of approaches in reaching accurate results, as the research sample was determined which are 30 of the fourth and fifth grades students. They were distributed randomly into three (one control and two experimental) groups, first experimental group used auditory feedback, and second group used visual feedback while the control group which was prepared by the researchers used the regular way of education (without feedback). Each group consisting of (10) students. Physical tests were conducted, including the test of triple jump.

The education methods prepared by researchers shows development in technical and improving the level of doing the triple jump event, significant differences appeared between the three research groups in the post-test of variables. So the performance of triple jump was better in results for the both experimental groups, and that because of the suggested learning ways prepared by the researchers than the oldway used by the control group.

Keywords: Educational program, Technical Performance, Hop and Triple jump.

I. INTRODUCTION:
Scientific development is the path of researchers to present what is new to society. What concerns us here is the sports field in which there has been a development in training methods and means used. Information and its application according to his abilities and capabilities, and what is stored in the learner's memory of the educational program

In terms of competition, interest in sports increased and became issues and problems of a social nature in essence and cultural in its overlap with all levels of society. Therefore, sports developed with the development of society, and the Olympics was considered a measure of sports development through achievements.

In the track and field games, the triple jump is one of the exciting events that entered the Olympic Games curriculum. The level of technical and digital performance of this event has greatly evolved in recent years, and many factors have helped this development, including the educational means and training methods used, as well as the educational techniques that have been subject to scientific studies and researchs for this event, especially the events that are characterized by difficult motor skills, which is characterized by learning their performance. By providing some means to give an idea of the skill, presenting the correct model, and dividing that skill into steps with explanation and clarification in the complex parts of it. Hence the importance of research in using a proposed educational program to improve the level of technical performance and hop of the triple jump.
Research problem:
Educational programs can play a prominent role in the development and improvement of sports in terms of refining mistakes and achieving the highest possible level of good performance, and as a result of the field experience of researchers being teachers of physical education and trainers in the field of athletics, they noticed that there is no focus on educational programs when training the technical stages of the triple jump and this characteristic makes the players face difficulty in the technique and learning the skill well, and since there is a great complexity in learning the technical stages of this event, so the trainers must use educational methods and advanced educational programs for the purpose of simplifying the learning process. Hence the research problem came to develop a proposed educational program to improve the level of technical performance and hop of the triple jump.

Research Aims:
1- Preparing a proposed educational program to improve the level of technical performance and hop of the Triple Jump.
2- Knowing the impact of the proposed educational program in improving the level of technical performance hop of the Triple Jump.

Hypothesis:
The proposed educational program has a significant effect on improving the level of technical performance and hop of the triple jump.

Research Methodology:
To achieve the objectives of the research, and to verify the validity of its hypothesis, the researchers used the experimental method for more than two groups due to its suitability to the nature of the problem, and because it is “one of the most accurate and most sufficient types of approaches to reach accurate and reliable results.

The research sample:
The research sample was chosen according to the requirements to achieve the goals and according to the characteristics of the research community members in a deliberate manner among the students of the preparatory stage of the Walid Al-Kaaba School affiliated to DhiQar Education for the fourth and fifth grades, their ages ranged between (16-18) years, and the total number of the sample (30) students, where they were divided into three groups, two experimental groups and a control group. The number of members of each group was (10) students and they were distributed in a simple random way.

Equipment, tools and means used in the research:
1. References.
2. Personal interview.
3. Measure tape.
4. A hole for the triple jump.
5. Work team
7. 55 inch smart display screen.
8. A video movie (instructive).
9. High definition video camera.
10. A device for measuring weight and height.
11. HP laptop (2).

Education programs:
Choosing the students of Walid Al-Kaaba schools in the preparatory stage for the fourth and fifth grade, where their number was 30 students, they were divided into three groups, two experimental groups and a control group.

- Preparation of the educational program: The sports vocabulary of school in the Ministry of Education was used in the track and field games for the purpose of making sure that the material was explained well and clearly and similar to the way the teacher explained the material, taking into any additions and clarifications included by them for the purpose of placing it in the educational program.

- Distribute the assistant work team to apply the tests and organize the work among them.

- Determining the date of conducting an experiment and the time required for the educational units (6 units), at a rate of two units per week.

- Implementation of (6) educational units on the two experimental groups, while the control group used the method of explanation mediated by the teacher and practical application.

- The first experimental group received the auditory feedback from the teacher before starting the educational part.

- The second experimental group received visual feedback using the educational program showing pictures, video clips and documentaries on how to learn the technical stages of the triple jump.

- The research sample was filmed with a high-resolution video camera for the pre- and post-tests of the effectiveness of the triple jump at a distance of approximately 10 meters and by directing the camera lens to the player from the start of his launch from the approaching distance until his end of the motor performance.

- The performance was evaluated by experts after completing the pre- and post-test procedures for the three groups.

Pre-tests:
The researchers conducted pre-tests on the research sample, and the tests were carried out after explaining in detail about the technical performance of the triple jump.

Tests:

**Triple Jump Approach (1.55).**

Test name: triple jump.

Purpose of the test: Measuring technical performance.

Tools used: a suitable place for jumping, including the hole, the running area, a measure tape, colors for the signal, and a camera with a frequency of 25 frames per second.

Performance: From the fast sprint (full approach distance), the tester starts with the hopscotch, the first stage of the jump with the leading leg, then performs the step, which is the second stage of the stages of the triple jump, and then the jump, and landing with both legs in the landing hole, three attempts are given for each tester, and rest 5 minutes between one attempt and another.

Recording: the measurement starts from the hop board to the nearest trace left by the body, and the best attempt is taken.

Post-tests:

After the completion of (6) educational units according to the program followed, when the researchers tested the technical level of the triple jump on the research sample, the conditions in the post-test were the same as in the pre-test in terms of place, tools and time of testing and for the three groups.

Statistical means:
The statistical data was processed using the ready-made software system (SPSS).
II. RESULT:

Table 1

<table>
<thead>
<tr>
<th>#N</th>
<th>Tests</th>
<th>Measuring unit</th>
<th>Group</th>
<th>Mean</th>
<th>S.D</th>
<th>t</th>
<th>Sig</th>
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</thead>
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<td>Triple Jump</td>
<td>M/Cm</td>
<td>Control</td>
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<td>0.007</td>
<td>11.896</td>
<td>0.000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Experimental (audial)</td>
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<td>8.786</td>
<td>0.000</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Experimenta2 (visual)</td>
<td>0.253</td>
<td>0.033</td>
<td>7.461</td>
<td>0.000</td>
</tr>
</tbody>
</table>

III. DISCUSSION:

In the two experimental groups, the results showed that there was a clear superiority in the performance of the students in a way that exceeded the control group. The reason for the development of the experimental groups over the control group is due to the "use of educational means in displaying skills and understanding and comprehending the skills by seeing these skills in slow and normal photography, as well as an increase in the factor of suspense and desire in Performance through diversification of teaching aids" (2.79).

And that the images it contained, as well as the ability to slow presentation of the skill, which helped in the development of accurate compatibility of the skill and then speeding up the process of acquiring the skill by focusing on the kinetic sequence of the skill, as the process of displaying the skills "has a great impact on the development of accurate compatibility in being in harmony with Explanation and clarification" (3.98).

There was also a discrepancy in the influence between groups in the use of additional feedback in the learning process for skills as an "educational method that has an important impact in communicating information and giving the learner a sense of movement in following the flow of the skill performance sequence" (4.29). This is because watching the model of movement through The display screen with the (video) device has contributed to acquiring the skill by watching the model of movement, and this is consistent with what was confirmed by (Eileen Wadih, 1987) that "the educational aids contribute to acquiring the motor skill quickly, as by watching the model performance and when practicing this performance, he can Learners can follow and imitate the components of the skill and touch the areas of weakness and strength, which helps to exclude the wrong movements and strengthen the correct in them" (5.194).

IV. CONCLUSIONS:

1. There is an effect in the learning ways (feedback) by the experimental groups in improving and developing the performance of triple jump.
2. The auditory feedback had a slight effect on improving the students' performance of the triple jump skill.
3. The visual feedback had a great effect on improving the level of students' achievement of the triple jump skill.
4. There were significant differences between the three research groups in the post-test and for the benefit of the experimental groups.

REFERENCES: