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Skill in Handball Among Students of the College of Physical Education and Sports Sciences

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ABSTRACT

The research included the introduction and the importance of the research, which includes the importance of using means, including the use of the model in learning and mastering the skill of shooting with a handball, and the research problem embodied in the poor performance of shooting from falling with a handball was identified.

As for the purpose of the research, it was to identify the effect of using Pandora's theory (model) on learning and mastering the skill of shooting from falling with a handball, and the research was imposed, as there is a positive effect on the use of Pandora's theory (model) in learning and mastering the skill of shooting from falling with a handball, and the researcher dealt with everything related to the theoretical material of the research, which is (the theory of learning by observation, the elements of learning by observation, shooting with the handball, the factors affecting the aiming from the fall).

The researcher also used the experimental method in the style of the two groups (control and experimental) to adapt the nature of the problem, and this section included the description of the community, the research sample, the means and tools used, the pre- and post-tests, and the appropriate statistical means for the research, and then the results were presented, analyzed and discussed, which was done in the fourth chapter, through which the researcher reached the goal of the research, and in light of these results, the researcher reached several conclusions, including that the model method is effective in developing the results of shooting from falling with a handball, or more importantly. The recommendations were to conduct research and studies to find out the effect of the learning style and different shooting skills in handball.

1.1 Introduction and Importance of the Research

The scientific revolution has been able to change many concepts in understanding how individuals acquire behavior through observation and imitation without the need for direct learning or personal experience,which has added many theories and applications to many fields, and one of the most influential fields of the scientific revolution in recent years is the field of physical education.Many scientists and thinkers have worked to find the latest scientific means to learn motor skills, and from these means, learning through the model and in handball, there are many skills that require a model so that the beginner can learn and master these skills, including the skill of voting from falling, which is one of the most difficult types of voting , hence the importance of research in the effect of using Pandora's theory (model) in learning and mastering the skill of voting from falling with a handball at Beginners for students of the Faculty of Physical Education and Sport Sciences.

1.2 Research Problem

Motor learning is one of the sciences that has taken a large part in physical education research, especially the learning of motor and physical skills for beginners. One of these methods is the process of learning by observation or model, which is one of the most important sources of self-efficacy discovered by the scientist Pandora. Performing a skill verse without the coach's observation or setting an ideal model that performs the skill well, including the skill of shooting from falls, which is one of the most difficult types of shooting that contributes to raising the efficiency of motor learning and behavioral commitment, and from here the researcher decided to use the model in learning and mastering the skill of shooting from falls with handball for students of the Faculty of Physical Education and Sport Sciences / Dhi Qar University.

1-3 Research Objectives

Introducing the Effect of Using the Model on Learning and Mastering the Shooting Skill from Falling Handball among Students of the Faculty of Physical Education and Sport Sciences.

1-4 Research Hypotheses

There are positive differences with positive significance in learning and mastering the skill of shooting from falling with a handball among the students of the Faculty of Physical Education and Sport Sciences / Dhi Qar University .

1.5 Research Areas

1.5.1 Human Field : Students of the Faculty of Physical Education and Sport Sciences.

1-5-2 Temporal Range: 1/6/2024 to 2/9/2024.

1-5-3 Spatial Field: The Stadium of the Faculty of Physical Education and Sport Sciences / Dhi Qar University.

3- Research methodology and field procedures

3.1 Research Methodology

"Choosing the appropriate method is one of the most important steps on which the researcher relies in his research, and this determines through the nature and type of the problem that the researcher must follow the appropriate procedures to solve this problem.

"Since the experimental method "represents the most honest approach to solving many scientific problems in a practical and theoretical way", the researcher used it to reach the results.

3.2 Research population and sample

Identifying the research community is one of the important steps and stages in the process of conducting the research, and the research community is defined as all the individuals, events, or people who are the subject of the research problem.

They are the students of the Faculty of Physical Education and Sport Sciences , which are (30)

As for the research sample, which is the model on which the work is carried out, where the number of them is (20) female students (10) experimental (10) female controls, and they represent a percentage of (7 2.42) of the total society.

3.2.1 Sample homogeneity:

The researcher also confirmed the homogeneity of the research sample in the variables (age, length, weight)

Table (2) shows the values of the torsion coefficient for the variables (age, length, weight).

Table (2)

Torsion coefficient	**Looms**	**Standard deviation**	**Arithmetic mean**	***Means***

				Statistics / *Variables*
0.26	164	4.43	160.15	Length/cm
0.48	54	5.16	64.35	**Weight/kg**
0.57	21	1.09	20.84	**Age/Year**

The above table shows the values of the torsion coefficient for the variables (age, length, weight) which are less than _+1, which indicates the homogeneity of the research sample in these variables.

3.3 Means, Instruments and Apparatus Used

3.3.1 Research Methods

1- Arab and foreign sources and references 2- Observation

2- Interview 4- Testing and Measurement

3.3.2 Devices and Instruments Used

1- Type 2 Computer - Handball Court

3- Medical Weighing Scale 4- Mat

5- Handball whistle (10) 6- Measuring tape

3-4 **Exploratory Experiment**:

The best way to explore the suitability of important research tools is to test them before implementing them, so the researcher worked in cooperation with the trainer to perform the exploratory experiment to learn through it:

(1) Test Time

(2) Detecting the obstacles that may face the researcher when taking the exam

(3) Inspection of the tools and devices used

(4) Knowing the readiness of the sample members to perform duties

3.5 Field research procedures

3.5.1 Pre-tests

The research sample was divided into two groups (control and experimental) and the number of each group was (10) students, where the pre-test was applied for the two groups by shooting from falling with a handball on 1/3/2024 at ten in the morning.

3.5.2 Vocabulary of the Module

The experimental group was given two educational units per week, and the time of one educational unit reached one and a half hours, and the parts of the educational unit were given as follows:

1. Preparatory Part:

Includes: Public and private warm-ups

2- The main part:

It includes: warm-up with balls with repeated training for the skill of shooting from falling with a handball

3- The final part:

Light Jog

3.5.3 Post-tests

After the completion of the main experiment and for the purpose of determining the level reached by the research sample in (Shooting from Falling with Handball), the post-tests were conducted after a month of the pre-tests, and it was on 20/2/2024 at ten o'clock in the morning.

3.6 Statistical Methods

The researcher used appropriate statistical means to process the results of the research sample

***Arithmetic mean**

- View and discuss the results

4.1 Presentation of results

To achieve the research goal, which is to identify the effect of using the model on learning and mastering the skill of shooting from falling with a handball among the students of the Faculty of Physical Education and Sport Sciences

The results of the research were presented and Table (3) shows that

Table (3)

Shows the arithmetic mean, standard deviation, and (calculated T) value of the control and experimental group of the pre- and post-tests of the research sample.

Tests	Tribal	Dimensional		Calculated Tabular Result (T)		(T)	
	2,41	0,56	5,8	0,95	2,1		**Officer**
The 2,10	3,84	0,65	7,35	0,92	2,3		**Experimental**

value of (v) at the degree of freedom (8) and the significance level of (0.05) is equal to (2.10) through the above table, it is clear to us that the value of the arithmetic mean of the control group for the pre-test is (2.1) and the standard deviation is (0.94), while the post-test of the mean value is (4.8) and the standard deviation is (0.46).

As for the experimental group, the arithmetic mean of the pre-test was (2.3) and the standard deviation was (0.92).

As for the post-test, the mean was (7.45) and the standard deviation was (0.67), and the (calculated T) for the control group was (3.41) and the value of (calculated T) for the experimental group was (3.84)

The value of (T) was (2.10) at the degree of freedom (8) and the significance level of (0.04) was equal to (2.8)

4.2 Discussion of the results

Through the list of displaying the results, it was found that the value of (T calculated) for the control group (3.41) is greater than the tabular value (2.10)

The calculated value of (T) for the experimental group is (3.94) which is greater than the tabular value of (2.10)

This shows that there is an impact on the use of the model in learning and mastering the skill of shooting from falling with a handball

The researcher believes that teaching beginners individually and giving immediate feedback to each case of performance error has a great impact on learning and mastery.

1- Conclusions and recommendations

5.1 Conclusions

Enhancing cognitive and behavioral skills as individuals have been shown to acquire behavior faster and more accurately in developing the results of shooting from falling with a handball.

The model method is most effective when there are illustrative tools available to the groups , which reinforces the importance of carefully selecting models.

The model method reduces the effort exerted by the instructor and prepares the student for future leadership.

5.2 Recommendations

- Supporting positive reinforcement and self-control within learning strategies to encourage learners to continue the desired behavior without relying entirely on the external model.

Conducting research and studies to know the effect of the model learning style on learning and mastering handball shooting skills

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