The Effect Of An Educational Approach On The Perception-Kinesthetic In Learning The Accuracy Of The Performance Of The Transmission And Reception Skills Of Volleyball

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Abstract: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, as 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 volleyball competition, And that basic skills are (the skills of transmission and reception) in the game requires an educational program based on sound scientific foundations, as learning the skill and the ability 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 processes of perception of movement in various aspects of The vital topics that affect and are related to the performance of the level that achieves high results, from here lies the importance of the research, since the skills of the volleyball game are characterized by accuracy in the level of performance for each skill, employment and recall of all the requirements of mental processes of perception, feeling and an extremely accurate estimate of time, distance and required strength.

Research problem:

The game of volleyball is one of the sports that contains multiple complex and complex skills that require a high ability of neuromuscular harmony and in the perception and appreciation of the components and vocabulary of Kinetic performance, and despite the availability of physical properties, abilities and Kinetic capabilities of most of the students, the researcher noticed during her presence in the field. There is a weakness in the performance of basic skills, including (the skill of sending and receiving), so the researcher decided to prepare an educational program to produce the Kinetic sentence in its precise form that 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 coordination and muscular and nervous coordination The need for it does not stop in naming it as a complementary whole, but follows it in its parts or components such as estimating time, distance and force necessary to control the movements of the level of performance.

1. INTRODUCTION

Research objectives:

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

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

Research hypotheses:

- The educational curriculum based on sensory-kinesthetic perception has a positive effect on learning the accuracy of performance of the transmission and reception skills of volleyball.

Research areas:

- The human field: Female students of the College of Physical Education and Sports Sciences for the second phase of the 2020 season
- Time domain: Duration 2/10/2020, 4/5/2020.
- Spatial field: Indoor Hall in the Faculty of Physical Education and Sports Science / Baghdad University

Search procedures:

The researcher used the experimental method of pre and post testing of the experimental group and the control group for its relevance to the nature of the research.

The research population 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.

Table (1) shows the homogeneity of the sample

Variables	measuring unit	Arithmetic mean	Mediator	standard deviation	Coefficient of torsion
Length	Cm	**152.13**	**152**	**4.172**	**0.262**
the weight	Kg	**56.62**	**54.11**	**6.345**	**1.874**
Age	Year	**19.600**	**21.00**	**1.862**	**0.485**

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 pretest

Variables And tests		the group	A	STD	(T) Calculated	error percentage	Significance
1	Sensory-kinesthetic test in the time	Experimental	**4.71**	**2.17467**	**1.311**	**0.226**	Random
		Control	**4.93**	**1.40543**			
2	Sensory-kinesthetic test in distains	Experimental	**4.44**	**4.879**	**1.472**	**0.179**	Random
		Control	**4.52**	**5**			
3	Sensory-kinesthetic test in force	Experimental	**4.80**	**0.4099**	**1.223**	**0.256**	Random
		Control	**4.95**	**0.3647**			
4	The accuracy of the transmission from the bottom	Experimental	**10.500**	**2.9132**	**1.336**	**0.218**	Random
		Control	**10.400**	**2.4108**			
5	The accuracy of receiving	Experimental	**11.300**	**1.74778**	**1.279**	**0.237**	Random
		Control	**11.100**	**1.21139**			

	the transmitter from the top						

Significant at the significance level (0.05) if the error percentage is less than (0.05).
The following methods and tools were used in the research:
Observation - tests and measurements - a device for measuring height and weight - two volleyball balls - a legal volleyball court - numbered circles starting from the number (1-12) diameter of one circle (50 cm) - an 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 with a length of (1 m) with units of measurement (cm) - a piece of magnetic metal.
Tests used:
- Perception-kinesthetic test in time. (Muhammad Subhi Hassanein, Muhammad Abdel Moneim: 1999: p. 469)
- A test of the kinesthetic sense of distance.
- A force-kinesthetic sense-perception test.
- The accuracy of the transmission from the bottom. (Ahmad Abdel Dayem Al-Wazeer and Ali Mustafa Taha: 2000: P.18)
- The accuracy of receiving the transmitter from the top.
Exploratory experience:
The researcher conducted reconnaissance on Monday, a brief summary of the experience of 10/2/20 (5) students from the research community the original has been randomly selected and was the target of the experiment as follows:
- Knowing the extent of the players' understanding and understanding of 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 conducting the tests
Pre-tests:
The researcher conducted the pre-exams on Wednesday 12/2/2020 at the College of Physical Education and Sports Sciences Hall, University of Baghdad.
Educational Curriculum: The educational curriculum started on 2/16/2020 until 1/4/2020.
The researcher 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 at a rate 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 time of the educational unit is (90) minutes, the preparatory section (20) minutes, the main section (60) minutes, the final section (10) minutes, and the tests for kinesthetic perception and made sure that the appropriate atmosphere is available. The time, the sense test, the distance estimate, the sense test, the strength estimate, and the results of the tests were recorded in an individual form.
Post-tests:
After completing the implementation of the educational curriculum within the prescribed period, then conducting the research-specific 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 tests)
And statistical methods were used: the researcher used the statistical package (SPSS) to find the appropriate statistical treatments.
research results:

The results of the experimental and control groups in the researched 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 arithmetic means, its standard deviation, the value of (t), and the significance of the differences between the results of the pre and post tests of the two groups of research in the variables under investigation

The tests	measuring unit	the group	Pre-test		Post-test		T Calculated	error percentage	Significance of differences
			A	STD	A	STD			
Sensory-kinesthetic test in time	second	Experimental	**4.71**	**2.174**	**4.53**	**1.530**	**3.500**	**0.025**	Sign
		Control	**4.90**	**1.405**	**4.84**	**2.200**	**2.829**	**0.047**	Sign
Sensory-kinesthetic test in distains	Cm	Experimental	**4.44**	**4.879**	**4.32**	**2.739**	**3.942**	**0.017**	Sign
		Control	**4.52**	**5.112**	**4.41**	**3.209**	**2.833**	**0.049**	Sign
Sensory-kinesthetic test in force	Kg	Experimental	**4.80**	**0.409**	**4.69**	**0.702**	**6.061**	**0.004**	Sign
		Control	**4.92**	**2.913**	**4.88**	**00.249**	**4.209**	**0.014**	Sign
The accuracy of the transmission from the bottom	Degree	Experimental	**10.500**	**2.913**	**12.600**	**2.132**	**7.133**	**0.002**	Sign
		Control	**10.400**	**2.410**	**11.900**	**2.569**	**3.833**	**0.019**	Sign
The accuracy of receiving the transmitter from the top	Degree	Experimental	**11.400**	**1.748**	**14.600**	**2.689**	**3.921**	**0.017**	Sign
		Control	**11.200**	**1.211**	**12.400**	**2.358**	**3.247**	**0.031**	

Significant at significance level (0.05)

Table (4) shows the difference of the mean, the value of (t), the error percentage and the significance of the differences between the results of the post-test for the two groups of research in the variables under investigation

tests	measuring unit	Experimental		Control		(T) Calculated	error percentage	Significance of differences
		A	STD	A	STD			
Sensory-kinesthetic test in time	second	**4.42**	**1.530**	**4.75**	**2.200**	**3.970**	**0.004**	Sign
Sensory-	Cm	**4.11**	**2.739**	**4.29**	**3.020**	**4.982**	**0.001**	Sign

kinesthetic test in distains					**9**			
Sensory-kinesthetic test in force	Kg	**4.52**	**0.7021**	**4.78**	**0.249**	**4.262**	**0.003**	Sign
The accuracy of the transmission from the bottom	Degree	**15.800**	**2.132**	**13.200**	**2.569**	**4.380**	**0.002**	Sign
The accuracy of receiving the transmitter from the top	Degree	**16.200**	**2.689**	**14.100**	**2.357**	**3.271**	**0.011**	Sign

Significant at significance level (0.05)

2. DISCUSSING THE RESULTS:

It appears from the results of Table (3 and 4) 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, and the researcher attributes that this difference to the pre and post tests between the experimental group in the research variables is to increase the repetition of skills and give exercises to the students during the educational unit. The repetition of the basic skills of each game so that its implementation is automatic and thus the nervous system devotes itself to focus on other variables and here it gives the student the technique and the perception of the Kinetic sense of the skill (Yaroub Khayun: 2000: 57) and that the sense of time is one of the important motives and principles leading to the connection of the various independent Kinetic elements in The overall unit of skill performance and the importance of estimating time as an important variable of perception, movement and the nature of performance in skill (Ahmed Omar Suleiman: 1995, p. 46) and the technical performance (technique) of the skills of sending, receiving, and their accuracy, the researcher attributes this increase to the continuous exercise of adherence to educational units per week The one and correct errors Simultaneously with performance, it has a positive effect on their skill performance, that practice and effort with training and continuous repetitions are necessary in the learning process, and that learning is a catalyst and necessary factor in the process of an individual's interaction with the skill and controlling his movements and achieving coordination between the movements that make up the skill in a sequential and proper performance and in a suitable time and continuous training alone. It increases the development of skill learning and its development (Najah Mahdi and Akram Muhammad Sobhi: 1994, p. 129), as the player's ability for some Kinetic skills is determined by his possession of the sense-kinetic abilities required to acquire and perform those skills. Many Kinetic skills with high sufficiency and although each skill is unique to its components, there are basic sense- Kinetic abilities that can contribute to the acquisition and performance of a large number of skills (Stalling: 1995,

p. 213). The researcher attributes this to the importance of estimating distance in Participation in the success of the accuracy of the performance of the skills of sending and receiving in volleyball, and that moving in a vacuum and defining it is one of the complex functions of the central nervous system, which is achieved by cognition It attracts the activity of the different sensory analyzers where these analyzers play more roles in the successful performance of Kinetic skills, and through the explanation that the researcher does during the presentation The skills work actively in presenting and displaying the skill in an exciting way that works to stimulate the students' senses and increase their ability to perceive and sense the movement of skills when starting to apply skill exercises during the educational unit on the interaction of the learners with each other and all of this undoubtedly will increase their response to learning and raise the level of their mental abilities. Their desire and stirring the spirit of suspense and competition they have through diversifying the process of displaying the intended skill in learning (1999, p 422: Singer) that the appreciation of strength provides an appropriate climate for the performance of basic skills better, that the ability to demonstrate the appropriate amount of muscle strength necessary for the nature of Kinetic performance is One of the important functions of the central nervous system, and these functions arise from the influence of sensory receptors specific to muscles, tendons, ligaments, and joints, so the sensory centers of the brain provide information about muscle shortening or lengthening and the degree of contraction and relaxation, so they affect the performance nature of basic skills in volleyball (1993, p65: Stalling) In the progress and development of technical performance and accuracy of any skill that is achieved through practice, 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 of the main steps followed in teaching Kinetic skills (Arnold: 1998, p78).

The researcher believes that the development of the level of accuracy of performance in the skills of sending and receiving in the game of volleyball in terms of practice and repetition in the exercises included in the educational program, which depends on the repetitions of performance and their diversity in the exercise until reaching the best performance and giving them sufficient time to learn and correct mistakes are all factors included in the educational program. Contributed to accuracy and level of performance.

3. CONCLUSIONS:

1- The results showed a significant between estimating time and the skills of sending and receiving between the pre and post measurement through the educational program of the experimental group and in favor of the post measurement.

2- The results showed a significant difference between estimating the distance and the skills of sending and receiving between the pre and remote measurement of the experimental group and in favor of the post measurement.

3- The results showed a significant difference between estimating the power and the skills of sending and receiving between the pre and post measurement of the experimental group and in favor of post measurement.

Recommendations:

1- Paying attention to mental training and developing mental abilities, especially sensory-Kinetic perception, with educational programs prepared for the skills of sending and receiving in volleyball.

2- Providing an environment rich in stimuli for the type of sports practice that contributes to the development of sensory abilities and raises the level of sensory-motor perception in volleyball skills.

4. **REFERENCES**:

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