



The Effect of Special Exercises with the Overlap of Two Styles (Total and Partial) Using Aids in Learning Freestyle Skills for Beginners Aged (17-20) Years

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Abstract: The teacher and trainer strive to enhance the exercise's caliber in numerous ways, such as diversifying and elongating it. Their objective is to reach the learner's optimal level of efficient and effective learning during educational or training units focusing on sports prowess. The exercise's successful design plays a major role in completing the learning process, as per the researcher's analysis. The researcher opted to overlap the total and partial methods for learning free swimming skills. Teaching free style swimming proves difficult due to a lack of appropriate teaching methods for these more challenging ages. This poses a research problem for the researcher. Young adults in their late teens to early twenties can find it daunting to learn how to swim if they were not exposed to the skill in their childhood. Their lack of familiarity with the water can easily give way to fear, making it difficult for them to break free and learn how to swim. To tackle this problem, a researcher devised special exercises that utilize both partial and total approaches to aid beginners in mastering freestyle swimming. This study aims to help those between 17 to 20 years old overcome their fear and acquire the essential skill:

1. Preparing exercises for the overlap of two styles (total and partial) using means of aid in learning freestyle skills for beginners ages (17-20) years.
2. Learning freestyle skills can be challenging, especially for beginners in the age range of 17-20. To combat this, an exercise program is being tested that involves both total and partial styles and uses aids to enhance the learning experience. The goal is to analyze the effect this program has on skill acquisition and improvement.

Using an experimental approach, the researcher identified the community and research sample of beginners aged 17-20 years, who were taking swimming courses at the Diamond Pool - Holy Karbala. Their design included a pre and post measurement format for one experimental group..

Keywords: Two styles overlap, total and partial style, freestyle.

1. Definition of research

1.1 Introduction to the study and its importance:

If we follow the development of methods, methods and means of learning, how theoretical and practical information and knowledge are transmitted, how performance levels are improved and how time and cost factors are exploited, we see that these factors lead to changes in learning levels,

especially in order to achieve education Changes in the field and keeping up with the great advances in world science have made us find that we no longer rely on traditional methods and means, but look for modernity in learning materials. Efficient and effective learning within the framework of an educational or training unit to learn different mathematical skills. Exercises in units can be organized in a variety of ways, based on the principle of repetition of motor skills at different times, places and methods of organization. The completion of the learning process benefits from the effective design of the exercises. The methods chosen by the researchers include all methods and some methods of learning free swimming skills, and there are overlaps between the two. Beyond the teaching tool and its importance in the motor learning process, it is no longer a fringe issue in the educational process but has become an integral part of its fundamental building blocks, with its use by teachers and students steadily increasing It proves it. Trainers around the world. Since the use of various teaching tools makes the motor learning process more effective and active, it is known that using specific exercises with tools in the learning process can construct the correct motor program for the learner and help to achieve the maximum learning effect. possible educational adequacy. In addition, swimming is characterized by its performance in an aquatic environment different from the ocean or the usual environment in which we live, ie on land where other motor skills such as swimming are practiced. B. Comparing the properties and properties of water and air in terms of density, pressure and weight differences, and the resistance applied during movement, all of which can have a significant impact on the learner and his ability to move as he acquires and learns in this new environment The action is plagued by fear and apprehension from this new environment. Therefore, this study is very important and it includes specific exercises to prepare overlapping two styles (full and partial), using aids to learn freestyle techniques for beginners aged 17-20.

1.2 Research Problem:

In response to the problems faced by beginners in swimming, the researchers tracked the swimming education programs of Santa Karbara coaches in the Santa Karbara Provincial Natatorium and found that some swimming courses for beginners in this age group this year, due to the lack of correct Freestyle skills learning methods, especially those in these age groups are the most difficult in training, and freestyle skills are more difficult to learn. This is a great age for young people who have an instinctive fear of new aquatic environments when there is no way they can break the barrier of fear and learn to swim since they have not been taught this skill since childhood. overwhelmed them. Adding tools for each method saves time and effort, as well as planning days for training, which the researchers say is a remarkably short amount of time. It achieved the desired effect of teaching beginners, so the researchers decided to investigate this issue by developing specific exercises in two overlapping styles (full and partial), while providing beginners aged 17-20 with the tools to learn free swimming skills.

1.3 Research objectives

1- Using learning aids, we're organizing workouts for beginners (aged 17-20) to help them develop freestyle abilities that combine total and partial styles.

2-Using aids, this study aimed to determine the impact of exercises on beginner swimmers aged 17 to 20 and their freestyle skills. Specifically, the study sought to explore how overlapping two styles - total and partial - could assist in improving their proficiency..

1.4 Research hypotheses

1. The two styles (full and partial) overlapping exercises have a positive effect, providing a tool for beginners aged 17-20 to learn freestyle skills between before and after the test, which is beneficial for post-test use.

1.5 Research fields

1.5.1 The human field: - Beginners, aged 17-20 years, who are enrolled in swimming courses in the Almas swimming pool - Holy Karbala.

1.5.2 Time Field: - Period from 01/18/2023 to 04/20/2023 AD.

1.5.3 The spatial domain: - The Diamond Pool in the holy city of Karbala.

2. Research methodology and field procedures:

2.1 Research Methodology:

With pre and post measurement, the researcher designed an experimental group using the experimental method. Here is the sample's experimental design, fitting the study procedures in proportion.

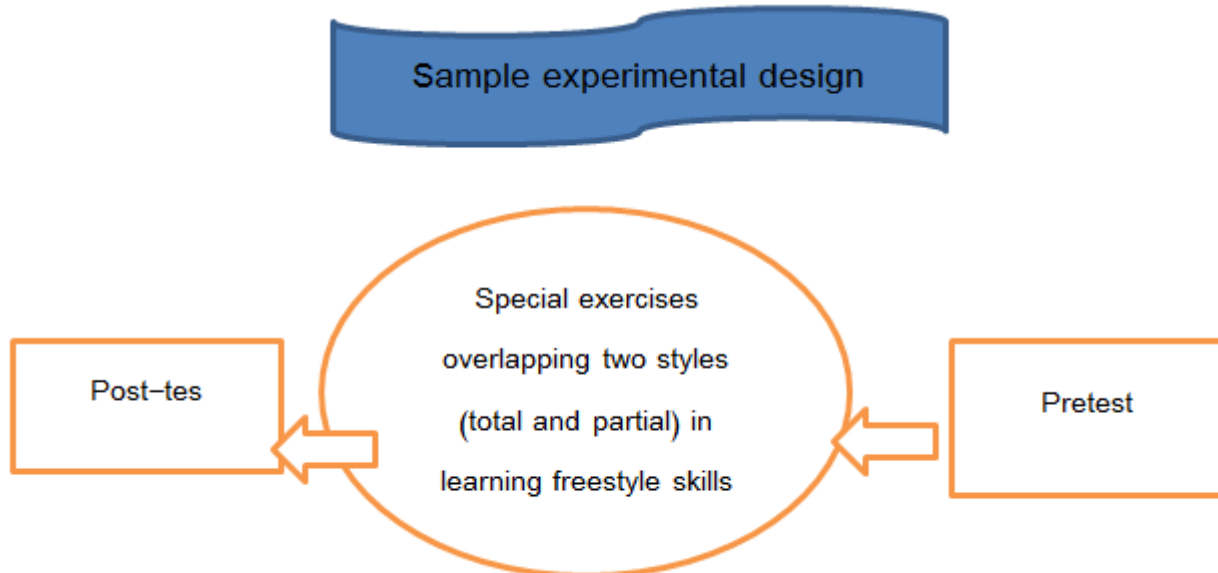


Figure (1) Shows design and sample

2.2 The research community and its sample

For research conducted in the year 2023 AD, the Diamond Pool selected 18 beginners enrolled in educational courses. An intentional sampling method was used to choose individuals between the ages of 17 and 20 who did not know how to swim and did not have prior experience with swimming. Exclusions were made for participants outside of this age range or those previously registered for courses, which resulted in a sample size of 12 individuals..

2.3 The means, tools and devices used in the research:

2.3.1 Means of collecting information:

1. Arabic and foreign sources and references.
2. Testing and measuring.
3. Questionnaire.
4. Observation.
5. Personal interviews.
6. Results registration form.

2.3.2 Tools and devices used:

1. Ladder swimming pool (length 25 meters, width 10 meters)
2. One (1) Chinese-made stopwatch.
3. (12) Chinese-made swimming goggles.
4. Two (2) Chinese-made whistles.
5. Registration papers number (12).
6. (1) Chinese-made tape measure.

7. (1) Chinese-made (ASUS) laptop calculator.
8. Display screen (LG, China)
9. (12) Chinese-made floating boards.
10. Life jackets (12).

2.4 Field Experiment Procedures:

2.4.1 Determine the research tests

To determine the tests for the study, the researchers examined sources and references. The tests for free-swimming ability and free-swimming technical performance were adapted from previous studies and standardized tests used in the study. ⁽¹⁾

2.4.1.1 Description of the squatting position test:

- The aim of the test: Knowing the learner's ability to hold his breath while floating on the surface of the water.

Description of the test: The learner stands in the water at shoulder level and takes a deep breath, after which the learner pulls his knees to the chest area and holds them with his arms and joins them to his chest, while pulling the palate towards the chest, as the learner keeps the air inside the lungs because it will help him to rise to the surface of the water, and he remains The learner is in this situation for as long as possible.

Tools used: swimming pool, stopwatch, whistle, registration forms, pens. his glasses
Recording method: The test measurement begins when the student hears the start whistle and takes the squatting position. The time is calculated for the longest possible time in this position, and the time is measured in seconds and its parts, and for two attempts, and the best of them is recorded. .

2.4.1.2 Characterization of the buoyancy test by placing the star:

- Purpose of the test: To measure learners' ability to levitate and place stars.

Description of the test: The learner starts by standing in the water, making the float, placing the star on the surface of the water, extending the arms, opening the legs to the sides, and floating on the stomach, while keeping the inhale so that the body becomes level with the surface of the water.

Tools used: swimming pool, stopwatch, registration forms, pens.

Recording method: measuring the test when the learner hears the starting whistle, the learner takes the front horizontal position at the level of the water surface and starts recording the time for the longest possible period.

2-4-1-3 Description of the flow test:

- The aim of the test: to measure the distance traveled by the learner when performing this skill.

Description of the test: Standing on the foot inside the basin when hearing the start whistle, pushing the wall with one foot, extending the body forward, and then flowing forward.

Tools used: swimming pool, whistle, stopwatch, measuring tape. Glasses, registration papers.

Recording method: The measurement begins by calculating the distance from the wall of the pelvis until the learner stands. The distance is calculated in meters and one attempt is given.

2.4.1.4 Characterization of the flow test with the movement of the legs:

- Purpose of the test: To measure the distance a learner travels while practicing the skill.

¹ Alaa Shabib Kazem: The effect of qualitative exercises using an educational method in reducing motor performance anxiety and learning the skill of free swimming for students, master's thesis, College of Physical Education and Sports Sciences, University of Babylon, 2019, p. 68.

Test description: Standing at the edge of the pool so that the swimmer's back is facing the wall of the pool, then the swimmer stands on one foot inside the pool and rests the other foot on the wall, then bends his torso forward with the arms extended forward and the head is between the arms and upon hearing the whistle he pushes the wall And the flow forward with the reciprocal movement of the legs up and down.

Tools used: swimming pool, whistle, stopwatch, measuring tape. Glasses, registration papers.

- Registration method:-Registration is by the assistant team from the moment the learner starts performing the test, the distance is calculated in meters and one attempt is given.

2.4.1.5 Characterization of the motor performance test for free swimming:

- Name of the test: Free swimming test for a distance (15 m).
- To evaluate the skill of the swimmer in various aspects such as freestyle swimming and executing kicks, arm motions, and inhaling, the test was conducted. Its aim was to determine the motor performance level of the learner.

While keeping their feet on the ground and away from the wall, the student begins swimming at a signal given by the tester who is standing inside the basin in the water. The objective of the test is to cover a distance of 15 meters without stopping..

Tools used: swimming pool, whistle, stopwatch, measuring tape. Glasses, registration papers.

- Registration method: Registration is done by experts (see Appendix 1), based on the form submitted to them according to the details included in it (see Appendix No. 2), for a distance of (15m), and signs showing the distance traveled for each (3m) mark on the edge of a basin. Swimming on both sides, and registration is made according to the distance traveled by the student without calculating its time.

2.4.2 Exploratory experience:

Researchers conducted a survey experiment on Friday, February 10, 2023, with a survey sample consisting of (4) subjects.

The purpose of exploratory experiments is to determine:

- Difficulties and problems that the researcher may encounter in carrying out the main experiment.
- Know how difficult and easy it is to measure.
- Know how long it takes to make a measurement.
- The applicability of the measurement to the study sample level.
- Identify difficulties that researchers may face when making measurements.
- Validity and acceptability of all measures in terms of reasonable time and ease of implementation.
- Present their actual work to the assistant work team.

2.4.3 Pre-tests

The researcher conducted the pre-measurement of the research variables on the sample on Friday, corresponding to 17/2/2023 in the morning, in the Al-Mas swimming pool located in the holy governorate of Karbala.

2.4.4 The main experience:

To achieve the research objectives, after informing the researchers of most of the scientific sources, the researchers prepared in a standardized educational program specific exercises involving free-swimming skills that overlapped (completely and partially) in both approaches. Saturday, February 18, 2023 to Thursday, March 16, 2023 at 3pm at Diamond Pool – Santa Karbara in two ways.

2.4.4.1 Implementation of exercises related to the overlapping of two methods (total and partial):

The practice of overlapping the two approaches (full and partial) lasted (4) weeks at a rate of (3) lessons per week. Preliminary (5) minutes, to prepare the body's muscles and systems, include two minutes of light jogging, three minutes of stretching outside and in the pool, and a final (5) minute of calming exercises and baths. In the practice, the researcher followed the principle of step-by-step from easy to difficult, and the main part of the first week was the practice of enhancing confidence in dealing with water (new ocean). It comes in the form of a game of colored balls and ribbons. Exercises include hovering, breathing, and random movements of the legs and arms. In the second week, practice the overall method of freestyle learning, including freestyle technology screen display and other tools, and then the coach will swim in front of the beginners. Beginners then apply the same content displayed on the screen in front of them in the pool, providing feedback to the trainer on whether they can correct mistakes. Use padding to support the overall style. The third week is another method, part of the method of learning freestyle skills, first do leg exercises, then do leg movements with the current, then do leg movements in the flow and breath, then do arm exercises, and then do arm movements practise. Move with the flow, then move and breathe the arms with the flow. Perform with or without assistive equipment, including a flotation board, and assist the coach and support team through appropriate repetitions, splits, and rest periods. During the fourth and final week, freestyle is performed entirely in all-around style, ie: freestyle. H. Swimming is done intact, free of debris. And all the exercises related to the overlap of the two methods (full and partial) are carried out within the framework of a standardized educational program carried out at different intervals and in different depths according to the level of development of the members of the sample.

2.4.5 Post-tests:

On March 17, 2023, the dimensions of the research sample were meticulously recorded by the researcher. Specifically, the researcher aimed to maintain consistent temporal and spatial conditions among his measurements with the tribal ones.

2.5 Statistical methods used

The researcher used the Statistical Package for Social Sciences (SPSS) to process the data.

3. Presentation, analysis and discussion of results.

3.1 Presenting, analyzing and discussing the results of the pre and post tests of the experimental group

3.1.1 Presenting and analyzing the results of the pre and post tests of the experimental group, as shown in Table (1).

Table 1. It shows the arithmetic mean, standard deviation, calculated value (t) of the experimental group before and after the test, and the significance level of the difference.

Variables	MU	experimental group				Calculated Value (t)	Significant level of differences	Indication of differences
		Pretest		Pretest				
		Mean	SD	Mean	SD			
Floating in a squatting position	Second	3	1.04	9.69	0.88	3.70	0.00	moral
Floating with an asterisk	Second	2	1.21	9.61	2.65	3.06	0.00	moral
Buoyancy in a streamlined position	Meter	7.63	0.83	8.61	0.76	3.33	0.02	moral
The flow of the movement of the legs	Meter	7.04	0.63	9.26	0.78	5.89	0.00	moral
Evaluation of the motor performance of the 15-meter freestyle swimming	Degree	17.66	0.57	21.33	0.57	7.77	0.00	moral

* at the level of significance (0.05)

Indicators derived from the research group's pre and post testing can be seen on Table (1). The results from the study demonstrate a noteworthy improvement in all variables between the two tests, with the post-test results displaying higher arithmetic mean values than the pre-test. These outcomes suggest that there was a considerable gain in the level of each variable. There were strong indications of significance with levels lower than 0.05 for all research variables, highlighting the noticeable differences between the pre-test and the post-test..

3.1.2 Discussing the results of the pre and post tests of the research group

In the light of the results obtained by the researcher

The researcher attributes the reason for the development that occurred in the post-test from the pre-test in the research variables to the exercises of the overlapping of the two methods (total and partial) prepared by the researcher and what it included in determining the distance, repetitions and rest periods consistent with the research sample, which had a positive impact on learning the skills of freestyle.

The researcher believes that the process of overlapping with exercise methods and diversifying skills and interfering with each other increases the learner's experience through his knowledge of new information about performance that helps him meet the learners' requirements and desires and increases their motivation in performance and access to faster ways to learn.

(Magill, 1998) confirmed this by saying, "The overlapping phenomenon aims to organize and diversify the exercise and its effect on learning better" ⁽²⁾

In addition to the effect of exercises related to the overlapping of two methods (total and partial) using auxiliary means, which contribute to creating a safe atmosphere for the learner and keeping him away from fear of the aquatic environment, thus preparing the learner mentally and psychologically to learn motor performance.

This was confirmed by (Yarub Khion, 1994) "The teaching aids are safety means that help novice learners to perform difficult and dangerous movements and skills" ⁽³⁾

In the educational units, the researcher found that utilizing the experimental group with auxiliary means to overlap total and partial styles of exercises improved skillful performance and advanced the learner's stage of learning. As a result, the learning process was made clearer, as validated by the research findings..

This is consistent with what was indicated by (Al-Samarrai and Mahmoud, 1991) "The use of assistive devices leads to an increase in the retention of the impact of what the learner learns, and this allows students in the mathematical field a broader field for observation, thinking, understanding, exploration, and the consolidation of information in their minds" ⁴

4. Conclusions and recommendations:

4.1 Conclusions:

In light of the researcher's findings, the following was concluded:

1. The emergence of a clear development in all research variables between the pre and post measurement and in favor of the post.
2. The exercises related to the overlapping exercise methods (total and partial) had a positive role in learning freestyle skills.
3. The overlapping exercises of two styles (total and partial) using aids gave the beginners confidence and desire to perform by overcoming the factor of fear of the new environment, water.

²- Magill, A. Richard, Motor Learning, Boston, Mc-Graw,1998,P231

³ -Yarub Khayoun: Evaluation of Auxiliaries in Gymnastics Training, Studies Journal, Proceedings of the Second Scientific .Sports Conference, Special Issue 2, 1994, p. 157

⁴ -Abbas Ahmed Al-Samarrai, Abdul-Karim Mahmoud: Teaching Adequacy in the Methods of Teaching Physical .Education, Basra, Dar Al-Hikma, 1991, p. 51

4.2 Recommendations:

1. For testing various samples with different age groups and genders, the researcher formulated unique exercises that combined partial and total methods. These exercises served as a basis for similar and complementary experiments..
2. The need to use aids in learning freestyle swimming for beginners in order to break the barrier of fear first and facilitate the learning process second.

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