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Effect of Practical Curriculum Lessons on Some Physical Abilities of Second Grade Students

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Abstract: The problem of research emerged by observing the majority of students do not practice any physical activity before their admission to the college or whether in clubs and sports teams, because of the tribal traditions that require us to practice activities in sports clubs because customs and traditions do not allow, as their admission to the College of Physical Education allowed them to practice sports and this institution is the only outlet for practicing sports activities, so the practical lessons have become a new effort for them and need good physical fitness to perform duties and thus The practical lessons become a new additional effort on the functional devices, where the student cannot perform the required duties compared to the rest of the students who practice sports activity in advance, and the study aimed to identify the impact of practical lessons curricula on some of the physical abilities of second-stage students in the Faculty of Physical Education The researchers assume that there are statistically significant differences between the pre- and post-tests in the physical abilities of second-stage students, Faculty of Physical Education. The third chapter of the research included the research methodology and procedures, where the researchers used the experimental method (on one group with a cardiac and post-test on the same group) to suit the nature of the problem. The research community consisted of (14) students of the second stage of the academic year (2023/2024), where the sample was selected in a simple random way, and their number is (10) students, constituting (71%) of the original community, which is a sufficient and appropriate percentage to give a reliable scientific result, and (4) students from the community were selected to conduct the exploratory experiment. The fourth chapter included the presentation and discussion of the results has been reached a set of conclusions, including the emergence of a positive effect of the vocabulary of curricula on some of the physical variables under research. There was a development in the strength of the muscles of the legs and arms in the jumping tests of stability and front support, as well as a development in the characteristic of agility. As for the recommendations, the researchers recommend paying attention to developing the elements of physical fitness in the rest of the practical lessons, as well as the need to benefit from the vocabulary of the curriculum and maintain the courses that develop the acquired physical fitness.

Keywords: practical lessons, Curriculum, physical abilities, students.

1. Research definition:

1.1 Introduction:

Due to the development of lifestyle in our time in terms of ease of access to the requirements of living and the presence of amenities that facilitated many things of life and reflected negatively on

people who do not practice any kind of motor activity and thus became a person does not move as it was before and thus reduced movement and thus led to a decline in the ability of the individual to face the requirements of current life and thus increased the human need to practice sports activities To compensate for this and maintain a healthy body. Physical fitness is of great importance in our daily lives and all sports events and is necessary for athletes because it is one of the vital capabilities where sports training leads to various functional changes that include all body systems and the level of performance develops whenever these changes are positive, which achieves functional adaptation of body systems. The Faculty of Physical Education is one of the colleges directly concerned with physical fitness, as it is one of the scientific colleges that prepare teachers to work in the future in schools to give lessons of a practical nature, hence the actual need for physical fitness.

Sports events need physical preparation based on scientific rules in order to raise the level of athletes, as the student in the faculties of education needs to prepare physically in an integrated manner in order to implement the duties imposed on her during practical lessons. Due to the nature of the performance of practical lessons, the student needs good physical fitness to perform the requirements of the lesson and learn the correct technique and tactic, performance and participation in the lesson and the student needs to participate in group and individual games, especially the arena and field material. Hence the importance of research by identifying the physical abilities of the students of the second stage, which is the basis for performing duties during practical lessons.

1.2 Research Problem:

The nature of the performance of practical lessons in the faculties of physical education depends on the ability of functional equipment and physical and skill qualities of the student in all practical lessons during the period of study and through my observation of the students of the second stage I found that a group of them do not practice any physical activity prior before their admission to college or in clubs and sports teams because of the tribal traditions that require us to practice activities in sports clubs because customs and traditions do not allow, As their admission to the Faculty of Physical Education allowed them to practice sports and this institution is the only outlet for practicing sports activities, so the practical lessons have become a new effort for them and need good physical fitness to perform the duties and thus the practical lessons become a new additional effort on the functional devices where the student cannot perform the required duties compared to the rest of the students who practice sports activity, As the researchers believe that practical lessons have a prominent role in the development of physical qualities so that the student can perform the duties of practical lessons well.

1.3 Research Objectives:

1- To identify effect of practical lessons curriculum on some physical abilities of students of the second grade of faculty of Basic Education.

1.4 Research hypotheses:

There are statistically significant differences between the pre- and post-tests in the physical abilities of students of the second stage of the College of Basic Education.

1.5 Research Fields:

1.5.1 Human field: Students of second grade, Faculty of Basic Education.

1.5.2 Spatial field: Sports Indoor hall in the Faculty of Basic Education.

1.5.3 Temporal Period: 26/10/2023 - 28/1/2024.

2. Research Methodology and Field Procedures:

2.1 Research Methodology:

The researchers used the experimental method (on one group with a pre and post-test on the same group) for its suitability to the nature of the problem.

2.2 The community and the research sample:

The research community consisted of students of the second grade of the academic year (2023/2024), numbering (14), where the sample was selected in a simple random way, and their number is (10) students constituting (71%) of the original community, which is a sufficient and appropriate percentage to give a reliable scientific result, and (4) students from the community were selected to conduct the exploratory experiment.

2.3 Devices, tools and means used in research:

First: Means of data collection:

- Scientific sources and references.
- Personal interview.
- Observation.
- Tests and measurements.
- Test results registration form.
- Second: Devices and tools used:
- Medical balls (4).
- Chair without back (1).
- Tape measure.
- Chalk (4).
- Stopwatch.
- Laptop (HP).
- Electronic calculator type (Castel).

2.4 Research Procedures:

2.4.1 Tests used in the research:

2.4.1.1 Push up: (Ali Salloum Jawad, 2004, p. 114):

Performance specifications : from the position of prone with the taking on the knees, the student bends and extends the arms to the largest possible number of attempts.

Conditions: The straightness of the body must be maintained during performance. It is not allowed to stop to rest during the performance. The elbows should be bent completely and extended to their maximum extent. Any violation of the conditions cancels the attempt.

Registration: Records the number of correct attempts.

2.4.1.2 Power test : (Ali Salloum Jawad Al-Hakim, 220, p. 117)

Tools and devices: tape measure and wall of appropriate height, container of water, ladder, or chair.

Specifications and tools : The student stands close to the wall with her right shoulder or the distinctive arm, the student raises her arm on the side of the wall high (after five fingers in the water) to make a mark on the wall at the maximum point reached by the fingers. The student swings the arms down with the knees bent in half, then raises them in front of them high with the knees extended vertically to jump up to make another mark with the arm next to the wall at the maximum point reached by the fingers.

Conditions : The student has three attempts to record the best of them. Recording : recording the distance between the first mark and the second mark, where it expresses the student number in this test (in centimeters).

2.4.1.3 Agility test: (Mohammed Sobhi Hassanein: , 2003, p 121)

Purpose of the test: measurement of agility. The tools are four medical balls, a chair without a back, a stopwatch. Performance specifications The medical balls are placed with a distance between the four balls that are at the ends and the chair in the middle of 4.5 meters, and the distance between the starting line and the first medical ball is one meter when the start signal is heard, the laboratory runs from the starting point, following the line of travel until it exceeds the finish line from the end point. The time it took him to travel this distance shall be calculated according to the required specifications. Directions: Follow the route while running. Any violation of the specified itinerary stops the test and is returned to the laboratory after it has sufficient rest. Medical balls should not be touched while running. Registration: The time traveled by the tester is calculated from the beginning of the arbitrator's signal until he crosses the finish line at the end point, provided that he has followed the path specified in the performance specifications.

2.4.2 Exploratory Experiment:

The researchers conducted an exploratory experiment on (26/10/2023) on Sunday at 12 pm on a group of students of the Faculty of Basic Education - from the second stage, numbering (4) students to find out the pros and cons facing the researchers during the tests.

2.4.3 Pre-tests:

The researchers conducted the pre-practical tests on the members of the research sample on Tuesday, 28/10/2023 in the first semester in the sports hall of the Faculty of Basic Education during physical fitness.

2.4.4 Post-tests:

At the beginning of the second semester, post-tests were conducted on the research sample in order to find out the impact of practical lessons on the members of the sample in terms of physical, as these tests are considered as an indicator of development or not low physical fitness among students, as the researcher conducted the post-tests on Wednesday, 28/1/2024, noting that the college follows the annual system.

2.5 statistical Process: The researchers used the statistical bag (SPSS).

3. Presentation, discussion and analysis of results:

3.1 Presentation, discussion and analysis of the results of physical variables:

Table (1) shows the impact of practical lessons on physical variables

Variables	Pre-test		Post-test		Calculated (t)	Tabular (t)	Sig.
	M.	St.d	M.	St.d			
Push up	375,59	93,167	78	061,22	35,4	36,2	Sig.
Power	5,21	18,6	125,23	40,65	36,2	36,2	Sig.
Agility	42,28	39,80	75,22	34,22	83,8	36,2	Sig.

A significant difference appeared for push up test, the researchers attribute the reason for this to the development of the outcome in the level of students through the application of the vocabulary of physical fitness material well and the practice of other practical lessons, which contained the development of elements of physical fitness and these applications work to develop the strength and endurance that the student gains during the application period. The use of these loads gradually and continuously led to the improvement of strength stretching, as a result of the development of arm muscle strength that the student gained during the training period. (fox.pp173.1981)

The results also showed that there are changes in physical variables, due to increase the activity of the work of enzymes occurring as a result of increasing the work of muscle groups and the intensity of work confirms that "the increase in the training load must occur in a gradual manner and at intervals of time allow the occurrence of physiological adaptation (Muhammad Samir Saadallah: , 2000, p. 28). The training aims to prepare the body and improve the condition of its organs so that it works in the appropriate conditions to help it raise the level of physical readiness" (Al-Hafiz, 257, 993). as well as post test difference to test ability, and the researchers attribute the reason for this to the application of vocabulary of physical fitness material well practice practical lessons such as track and field, basketball and football, which in turn helped to develop this trait among students of the second grade.

Hammad refers to some types of performance in sports such as high jump, long jump, javelin throw, shot put and diving in water, and many gymnastics skills and many team sports skills require the maximum degree of strength that the individual athlete can take out as quickly as possible. (Mufti Ibrahim Hammad, 2001, p. 167). That this test is done by observing and cutting a distance from the movement of parts of the body at the moment of leaving the ground in terms of the movement of the two legs The first player begins the stages of implementing this test by pushing the two legs successively and not the feet together, but the shape of the trunk the moment of leaving the ground is tilted forward slightly at first learn to implement this test,

This development begins with the player leaning in front of the moment of preparation for jumping, or placed next to invest and the elbow is in the form of a large angle, in advanced stages of performance this shape the arms are bent and facing forward up and reach the full tide the moment of leaving the ground and this means the investment weighted arms what in the flight period, during the implementation of the test, the legs are far apart and the trunk has a very little inclination forward and the arms are moving In the opposite direction to the movement of the legs, but in the advanced stages of the implementation of this test, the legs during flight are together and with a large flexion in the knee and hip joints, while the inclination of the wings is large forward and the arms have limited movement during flight and next to the body.M.A(1984) pattms,Minnesota.p69.

As well as appeared a moral difference to test agility, and the researchers attribute the reason for this to the development of other physical qualities, which reflected positively on the development of the element of agility, and that the characteristic of agility is a characteristic of the whole of all

other qualities, i.e. when there is a development in other qualities there will be a development of the characteristic of agility.

4. Conclusions and recommendations:

4.1 Conclusions:

1. Results showed positive effect of curriculum vocabulary on some physical variables.
2. Results showed development in legs and arms muscles strength of power tests.
3. There is a development in the agility.

4.2 Recommendations:

1. Physical education colleges should pay attention to develop physical fitness in the rest of the practical lessons.
2. The need to take advantage of the vocabulary of the curriculum and maintain the courses that develop the acquired physical fitness.
3. Work on building curriculum for different academic grades based on these vocabulary, especially fitness vocabulary.
4. Conducting similar study on other physical variables that the researchers did not address.

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