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The effect of javelin throwing exercises using an assistive device on first-year female students at the College of Physical Education and Sports Sciences

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Abstract. Methods and approaches for teaching basic sports abilities are an important component of the program.Assistive gadgets, whether used in learning or training, are one of these educational strategies.In addition to being a psychological and physical assistance, it enhances the training program and the learner in numerous ways.The goal of the study was to examine the efficacy of workouts utilizing an auxiliary device in teaching the skill of javelin throwing.For female first-year students at the College of Physical Education and Sports Science. The research assignment is for exercises.Using an assistance device has a positive impact on teaching the skill of javelin throwing to first-year college students.. Physical Education and Sports Science The researchers applied the experimental approach (with a two-group design).Equivalent pre- and post-tests, as appropriate for the nature of the problem to be solved. What about the research community The University of Baghdad's College of Physical Education and Sports Sciences has four sections in the first level.160 female students. The research sample consisted of 20 female students and had a ratio of (12.5). What are the most important conclusions.. It indicates that the assistive equipment has clearly influenced learning the skill properly, and the device has a well-designed design.It is good, has good specs, and can sustain female students' performance with repeated use. The researchers recommended installing the gadget.In the training arena, gain from it and make some changes to it to use it for learning in a class.For students.

Keywords. assistance device, female students, javelin throwing

introduction

The educational stages for all basic skills in all team and individual games are the basic building block in the advanced training stages. The foundation is the stages of sequencing the motor paths of the skill in the learning stage, and any departure from these paths will cause an obstacle that will delay the development of training and reaching a higher level.

The methods and techniques in teaching the basic skills of sports are considered an important and complementary part of the educational program, and one of these methods is the assistive devices, whether in learning or training, as they add many aspects to the training program and to the learner, in addition to being a psychological, physical and motor auxiliary aspect.

Special exercises are considered an important part of the educational program. They are exercises performed according to the use of special devices and tools similar to skill performance paths and are customized.

For the assistive device designed to learn any mathematical skill The sport of javelin throwing in the arena and field is an individual sport that requires agreement in arranging the parts of its skill performance and requires physical and motor abilities to achieve its motor paths and motor transport. Therefore, the importance of the research is the special exercises similar to the skill performance using an auxiliary device, which will contribute to learning to perform the javelin throw. The problem is to control the process of learning to perform the javelin throwing paths through special exercises similar to the performance.

Skills through the assistive device

Much scientific research has addressed the importance of special exercises and the use of auxiliary devices and tools, including the study of Bektash and Abdel Hassan (2017). The two researchers concluded that there is a clear positive effect in improving and developing some angles of the body, especially the angle of inclination of the body and the angle of launch, and this is what was shown by the results of the mechanical analysis of the javelin throwing skill, which This in turn was reflected in the development of achievement. As for Bektaş's study, 2016, the researcher found a clear development in the proportions between the two groups through the use of various tools that help in developing the physical and motor abilities to accomplish the javelin throw. As for the study (Al-Adhari and Al-Badiri, (2021), the most important conclusions are that exercise capacity had a significant impact on raising the level of muscular strength, which helped develop the special physical aspects of the effectiveness of javelin throwing with less time and effort. Inclined surfaces played a major role in increasing the length of the stride by increasing The angle of inclination for shooters, and the use of alternative tools as medicine balls and weight 1 kg, bars with a weight of 20 kg had a clear effect in improving many variables in the performance of the throwers. As for the study (VORTEXA & STUDENATA, 2019), the researchers concluded that using the spiral has a positive effect on javelin throwing training for beginners, and it would be useful to include the support in Teaching when training students as well as younger children. As for the study by Al-Saadi and Ibrahim (2017), it showed that the special exercises that were used in the training units and that were applied to the research sample had a positive effect in teaching the effectiveness of javelin throwing, and this was shown by the results of the performance evaluation. 2- It appeared that there was an improvement in the values of the variable length and speed of the throwing step in the effective throwing phase of javelin throwing, which reflected positively on achievement, and this was shown by the results of the post-test.

Research objective

Knowing the effect of exercises using an assistive device in teaching the javelin throwing skill to female students in the first stage of the College of Physical Education and Sports Sciences.

Research hypothesis

Force the search Exercises using an assistive device have a positive impact in teaching the javelin throwing skill to female students in the first stage of the College of Physical Education and Sports Sciences.

Method

The researchers used the experimental method to suit the research problem, as the research population was defined as () female students distributed among (4) sections for the first stage

of the College of Physical Education and Sports Sciences, University of Baghdad, for the academic year 2023-2024. As for the research sample, the first stage consisted of () () section () students, and they were excluded from them. The sample settled on (20) female students, and the research sample constituted a percentage of (%). The researchers used the design of two equal groups, control and experimental, to suit the research procedures.

Table (1) shows the experimental design of the research group

group	Pretest	Pilot program	Posttest
Exactly	Javelin throwing skill performance test	The program prepared by the teacher	Javelin throwing skill performance test
Experimental	Javelin throwing skill performance test	Auxiliary device	Javelin throwing skill performance test

Table (2) shows the sample size and water percentages

T	the society	the number	Percentage
1	Research community	160	100%
2	The research sample	20	12.5%
3	Exploratory sample	2	1.25 %

The researchers used research methods, Arabic sources and references, observation and analysis, tests and measurement, the Internet, and the researchers also used tools and devices, including a stopwatch and a camera. Photography, courtyard and field, javelin for training, auxiliary device for javelin throwing).

How to design the device -

After consulting with the supervisor, he developed the main and initial idea for the device and the correct foundations to serve the correct performance of the javelin throw and in a way that is proportional to the physical measurements and lengths of the female students, as the female students are from the first stage of the College of Physical Education and Sports Sciences / University of Baghdad, and on its basis, the appropriate weight for the parts was set so that there is no obstruction. The work and paths of movement were presented to the specialists and experts in the arena and field. *See Appendix (1). Accordingly, the device was designed and its components .

Components and specifications of the proposed device:

1 - The rule:

The base consists of two pieces of iron, length (1.5) m, height (5) cm, and width (4) cm, artistically designed to distribute the weight of the device on the base from all sides.

2 - Iron stand:

The iron stand consists of a piece with a length of (50 cm), a width of (4) cm, and a height of (5) cm, mounted vertically on the base. At one end there is an iron holder for fixing it to the base, and at the other end there is also an iron holder for fixing the other piece of the device, as shown in the figure.

3 - Directed throwing arm:

It is an iron arm with a length of (6) m, a width of (4) cm, and a height of (2) cm. It was designed in a curved shape at one end. It is attached to the base and the other end is free. It was designed in this way and to suit the lengths of the students and the height of their throwing arm. The arm will rest with the other end of the iron stand in a cradle for stability while working with it.

4- The coil spring:

It is a spiral spring with a length of (15) cm and a height of (10) cm. One end of it is fixed to a piece of iron from the back that is fixed to the throwing arm, and the other end is free. It works to reduce the movement while the moving rail descends to the bottom, to reduce the collision with the part fixed to the throwing arm.

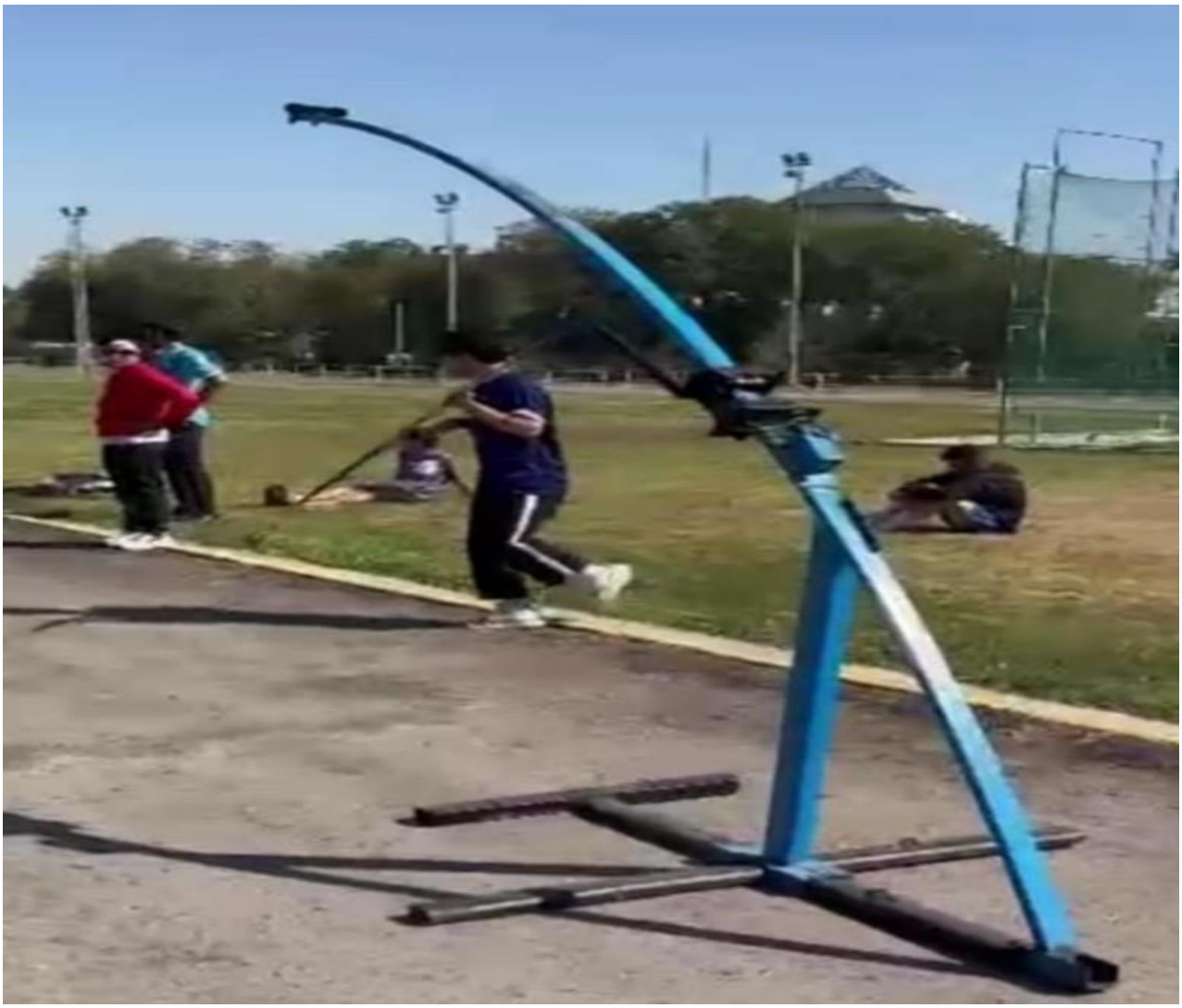
5 - The moving rail with the throwing arm:

The track consists of (12) free-moving balloons installed inside a piece of iron. These balloons are attached to the throwing arm in an artistic manner that allows it to move smoothly, without obstruction, and with good guidance, as it is arranged on the throwing arm: four balloons to the top and four to the bottom, and two of them are placed in a tight artistic enclosure on either side of it. The rail, front and rear, serves as a guide for the cart or moving rail, and it is fixed There is an arm on the moving rail for the student to hold, and it acts as a spear holder.

6- Stop lever:

A hollow iron tube, 15 cm long and 10 cm in diameter, is attached to the end of the second free-arm end A piece of compressed plastic is attached to the end of the tube to pull the force of the rail's resonance with it

Figure (1) shows the complete equipment on the throwing track for female students



Results and discussion

Field research procedures:

The two researchers conducted a reconnaissance experiment with the help of the assistant work team, see Appendix (3) on Wednesday, 2/27/2024, to determine the effectiveness of the work of the assistant device. The exploratory experiment was conducted on the outdoor stadium of the arena and field in the College of Physical Education and Sports Sciences, University of Baghdad, on a sample consisting of... From (2) students from the same research sample, and its goal was to initially test the device's operation on female students, as well as to find out whether the device can withstand and agree with the performance of teaching the skill of javelin throwing. It became clear after taking into account the opinions of the specialized teachers that the device The proposal corresponds to the performance of the skill tracks, and some parts have been modified for greater stability in the work

Pre-test of javelin throwing skill

The purpose of the test is to measure performance ability and determine the final score that the student obtains for performing a skill javelin

Test tools: legal court, legal spear for female students,

Evaluation of the test: The test is evaluated according to the technical performance and throwing distance and as agreed upon by the arbitrators
Mistakes are made by the student, as the highest grade obtained by the student is (10) points.
Test procedures: The student assumes the prepared position, holds the spear, and stands on the throwing track. To do steps, then cross, throw, and hold
For registration: The evaluation is done by two teachers specializing in track and field, and according to their internal evaluation, the grade is divided into two halves, one half for performance and the other half for distance. The distance is included in a table of distances, each of which has a grade and an evaluation.
The performance is based on (10) marks according to agreement and as shown in the following performance figure

Table (3) It shows the arithmetic mean, standard deviation, calculated value of (1), error level, significance, and mean differences.
Arithmetic and deviation differences in the pre-test of a skill for the control and experimental research sample

Statistical features	**N**	**measruing unit**	**Control group**		**Experimental group**		**T value Calculated**	**Error level**	**Type of significance**
javelin	20	Mark	S 3.190	A 2.283	S 3.410	A 2.558	2.029-	058	not D

Significant at the confidence level (0.05) if the error rate is - (0.05). And the degree of freedom is n - 2 - 18

The researchers relied on the vocabulary determined and set by the college and according to the arena and field vocabulary for the javelin throwing event for the first stage, and they did not change the set vocabulary. The assistant device was used in the curriculum developed for the sample. The experiment lasted for (6) weeks and included (12) educational units of (2) (Two units, as scheduled for the first stage, which is (4) hours per week. The total unit time was (90) minutes, divided into two activities for one educational unit for each.

One (,) and (,), and the educational curriculum was applied over a period of time of (30) minutes regarding the effectiveness of javelin throwing. The researchers also relied on the principle of repetition and rest, and they were keen that the educational curriculum that was developed by them and in consultation with the supervisor of the assistant apparatus was in accordance with the foundations and principles. Scientific.

Discussion

The results presented in Table (2) regarding the skill showed that there were significant differences between the two tests in favor of the posttest. The researchers attribute this to the use of the (auxiliary) device that proved effective in teaching the skill. Javelin throwing depends on many auxiliary tools in order to achieve optimal performance and achievement so that the coach can make accurate observations on the performance of the female athletes, whether in the technical aspect or the physical aspect. Jumana and Zainab, 2021, p. 125. (Muhammad et al., 2006, p. 17) refers to The effectiveness of javelin throwing depends in its performance and achievement on the application of the technical aspects in an integrated manner in terms of physical and mobility, and this is what was provided by the assistive device.

In improving motor skill pathways

As for the exercises and the educational program that was developed by the researchers, along with the assistive device, there was a change in the students' reception of learning and their full exploitation of the educational unit's time, as Ta'imah and Salman (2021) indicated that repeating the exercises through tools and assistive devices related to artistic performance creates an impact in the process of learning the artistic stages of this stage. Effectiveness and its integration with the integration of physical capabilities At the same time and in an optimal manner, this is what must be focused on in order to shorten time and effort to achieve development and improvement in the level of learning

Likewise, "auxiliary devices and tools have been included in the education and training of performance and its stages and the development of physical and skill abilities in various sports, according to what was stated in the sciences of physical education, which emphasized the necessity of renewal, innovation, creativity, and the discovery of modern means of devices and equipment that affect the development of achievement" (Ola and Israa). (2022, p. 47)

By looking at the tables for the pre- and post-tests for the two groups, it is noted that the control and experimental groups developed through their arithmetic and true moral means, the value of which is less than 0.5, and that the development, even a little, is in favor of the experimental group, and this is not because the curriculum that the researchers developed is better than the curriculum. The teaching staff, but one of the researchers is one player, the champions of the arena and the field, and the one who came up with the idea in designing the device. As is known, every assistive device in all sports adds to training or learning a new method and method that serves learning. This is what the researchers noticed that the female students, by repeating the throwing process, used the moving rail. On a throwing guidance device with a handle similar to the process of throwing a javelin, the student repeats the throw, abandoning the spear, and returning the rail to the first position. Any repetitions of throwing puts the student in making correct paths for her, in addition to the fact that the weight of the rail is (3) kg, and working

with this weight repeatedly leads to development in abilities. Physical abilities, especially the shoulder and forearm muscles, even though the researchers did not target physical abilities

And movement, but it is an achievement achieved by making repetitions with the device

Conclusion

According to the results, the researchers concluded the following .. The assistive device has clearly had a good impact on learning the skill..The device is well-designed, has good specifications, and can withstand the performance of female students repeatedly using it
The researchers suggested
Place the device in the training arena to benefit from it and make some changes to it to use it To learn in a lesson for students.

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