



## THE EFFECT OF CLOSED CIRCUIT EXERCISES ON TEACHING BASIC OFFENSIVE SKILLS WITH FOIL WEAPON FOR BEGINNERS

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### Abstract

The importance of the research came to emphasize the importance of motor learning and its correct and logical theories and its role in learning the skill performance with the shish weapon, as it helps the learner to upgrade the skill side, as well as help us build an educated and creative generation in the future during the championships and multiple hostels. Also, upgrading the level of learning for the skill performance in the foil Weapon requires us to set us with targeted and built exercises on scientific foundations, including the theories of motor learning, as each theory achieves the goals set in its construction and helps to learn an aspect of the idea for which this theory was developed and this is the research problem that was discovered from During the modest researcher's experience in motor learning and the game of fencing, that learning to perform the skill performance with a foil Weapon does not rise to the level of ambition, which is due to the lack of use of the appropriate learning theory in education, and this is what made the researcher to investigate the facts of the closed theory in learning and its role in learning the basic skills with the foil Weapon .

### The research Amie's were:

- 1- Learn about the effect of closed educational circuit exercises in teaching basic offensive skills with foil Weapon for beginner.
- The research sample included: students of the third stage in the Faculty of Physical Education and Sports Science - Basra University.



### **The conclusion was:**

- 1- Educational exercises according to the closed department's theory have a major role in the process of learning some of the basic offensive skills in the foil Weapon because of the successful scientific characteristics.
- 2- Learning according to the use of feedback and based on a scientific theory such as the closed circle theory will work to learn the basic offensive skills with a foil Weapon as in this study.
- 3- Adopting educational exercises according to the closed theory of the department because of its great role in the process of learning some offensive skills in the foil Weapon and because of the successful scientific characteristics it contains.

**Key words:** closed circuit exercises; teaching basic; foil Weapon.

### **1 -1 Introduction and Importance of Research:**

Education and education is an important starting point in building modern and developed society, as through them it is possible to build a thin and creative generation in finding everything that is new to help the country and work to advance the present and prosperity, and for this the interest in education and the scientific side will help us build a practical person who is able to think and creativity In all fields, including the sports field. That is why physical education is part of general education, which is concerned with building an educated sports generation and has a familiarity with all sports and sports practices by paying attention to the methods of learning and correct motor learning to perform any difficult skill. The foil Weapon game is one of the fencing games in it skills that require learning that suits the difficulty the game and according to scientific theories in order to achieve the correct level of learning Therefore, the closed circle theory is one of the theories that strengthened learning through interest in feedback and its role in correct learning.

The closed department's theory requires "important aspects, including (feeding feedback in motor learning) is that the learner makes comparisons between what has been done and what is expected, and the level of success in the kinetic response is carried out, and if the errors are observed, the correction and amendment of the motor performance can be made, as confirmed by this The theory is that the movements are implemented by comparing the feedback from the organs of the body and the corrective reference that the learner previously



learned, "and that the corrective reference adopted by the learner is called the sensory effect and that the sensory effect is a sensory field, or an effect similar to the pin line on the central nervous system, Whenever the movement is repeated, the line of this pin is repeated so that it leaves a deeper impact, so training or repetition means finding deep effects in the central nervous system, so that it is an easy reference for the passage of the motor response when it is repeated, and determining the extent of its accuracy depending on this sensory effect, that this effect is formed as a result of the information The review, which determines the percentage of error or distance from the correct reference, is called the quality of feeding, with information about the result, and that the closed circuit system for kinetic control is that any motor response is Net He looks at orders issued by the central nervous system , which depends on feedback that comes from the peripheral (peripheral) nervous system during movement or skill ((Nahdah Abdul Zaid:2009 ). Hence the importance of the research to emphasize the importance of motor learning and its correct and logical theories and its role in learning the skill performance with the foil Weapon, as it helps the learner to upgrade the skill side, as well as help us in building an educated and creative generation in the future during the multiple tournaments and hostels. Also, upgrading the level of learning for the skill performance in the foil Weapon requires us to set us with targeted and built exercises on scientific foundations, including the theories of motor learning, as each theory achieves the goals set in its construction and helps to learn an aspect of the idea for which this theory was developed and this is the research problem that was discovered from During the modest researcher's experience in motor learning and the game of fencing, that learning to perform the skill performance with a foil Weapon does not rise to the level of ambition, which is due to the lack of use of the appropriate learning theory in education, and this is what made the researcher to investigate the facts of the closed theory in learning and its role in learning the basic skills of the foil Weapon

### **1-3 Research Aims:**

- 1- Learn about the effect of closed educational circuit exercises in teaching basic offensive skills with foil Weapon for beginners.
- 2- Learn about the differences between the results of tribal and post-tests and the two control and experimental groups in teaching the basic offensive skills with foil Weapon for beginners.



3- Learn about the differences between the two controlled and experimental groups in the results of the post tests in teaching the basic offensive skills with foil Weapon for beginners.

#### **1-4 Research hypotheses:**

- 1- The presence of a positive effect of the closed educational department exercises in teaching the basic offensive skills with foil Weapon for beginners.
- 2- The presence of moral differences between the results of tribal and post-testing tests and for the two control and experimental groups in teaching the basic offensive skills in foil Weapon for beginners.
- 3- The presence of moral differences between the two controlled and experimental groups in teaching the basic offensive skills with foil Weapon for beginners.

#### **1-5 Research areas:**

- 1-5-1 Human Domain: Third stage students in the Faculty of Physical Education and Sports Science -Basra University.
- 1-5-2 Times field: from 6/ 3 /2022 and to 10 /5 /2022.
- 1-5-3 spatial area: Fencing Hall, Faculty of Physical Education and Sports Science- Basra University.

### **2 - Research Methodology and field Procedures:**

#### **2-1 Research Approach:**

The researchers used the experimental approach with the equal groups (control and experimental) to solidify the research problem and achieve its goals, as (Haider Abdul Razzaq Kazem: 2015) sees “experimentation searches for the cause and how it occurs, and the researcher deals with the variables of the phenomenon in the study , And some of them are intended to change and control and control in some other related variables, so that the effect of this will reach one or more dependencies, in other words to reach the causal relationships between both the independent variable and the dependent variable ((2: 82).

#### **2 - 2 Sample Research:**

The research community was identified for the third stage students, who numbered (180) students, and they were chosen in the intentional way. The research sample was chosen from the research community, which numbered (20)



students from one division, and they constitute (11.11%) of the original community, which in turn was divided into two groups (control and experimental) in the random way, so that each group reached (10) students and the research sample is homogeneous inside Each group and its equivalent as in Table (1).

**Table (1) The homogeneity and equivalent of the control and experimental groups**

Measurement and evaluation	Control groups			Experimental groups			T Calculated	sig
	M	S	Difference	M	S	Difference		
Length/ cm	170.54	2.542	1.49	170.66	2.623	1.536	0.049	random
Weight/ kg	71.774	1.745	2.431	71.562	1.689	2.36	0.262	random
Circular attack/ degree	3.784	0.423	11.178	3.674	0.374	10.179	0.585	random
Anti -attack/ degree	3.895	0.562	14.428	3.784	0.652	17.23	0.388	random
False attack/ degree	3.647	0.412	11.296	3.556	0.489	13.751	0.427	random

**(T) Table value at a degree of freedom (18) and level (0.05) = 1.724**

### 2-3 Information collection means:

#### 2-3-1 Data collection means:

- Arab and foreign sources.
- Scientific observation.

#### 2-3-2 the devices and tools used:

- Manual stop watch.
- Stadium.
- Foil (5) weapons.

### 2-4 field research procedures:

#### 2-4-1 Selecting research variables:

The curricula of fencing material that is taught in the colleges of physical education and sports sciences at the University of Basra have been relied on, and the following basic offensive skills were chosen:

- 1- The circular attack.
- 2- The counter-attack.
- 3- False attack.



### **2-4-2 Technical performance evaluation:**

The assessment of the attacking skill performance of the players relied on how the players performed for each skill and the evaluation was evaluated by (3) arbitrators of the specialist.

Performance specifications: The player must perform the four offensive skills selected in the research correctly and clearly.

**Registration:** Each skill gives an evaluation of 10 degrees and these grades are distributed to (the smooth performance and compatibility of the skill, appropriate timing and accuracy of performance, preparatory section, main section, closing section)

**2-4-3 Exploratory Experience:** The researcher conducted the exploratory experience on 6 /3 /2022 on a sample of the same students in order to legalize the pregnancy of the exercises used and apply them and know the extent of its difficulty in the singular sample and repetitions and the time taken to implement the program.

### **2-5 Field Experience:**

**2-5-1 Tribal tests: were conducted on 13 /3 /2022.**

**2-5-2 Implementation of educational exercises:** The researcher has prepared exercises for the basic offensive skills with a shish weapon and programmed them within educational units within the lessons of fencing material for students and according to the conditions of motor learning methods and the closed circle learning theory, and the program was applied during a full lesson and in its three sections (see annex (1) For eight weeks within. The program appeared on 3/14/2022 and its application ended on 9/5/2022

**2-5-3 post- Tests:** The post- tests were conducted on 10/5/2022

**2-6 Statistical Means:** Using a SPSS system with statistical treatments and to find the following:

1- Arithmetic mean 2 -standard deviation 3- The difference factor 4-test (T) for interconnected samples (T) for independent samples 6-percentage of centenary



### 3- Viewing, analyzing and discussing the results:

**Table (2)**

The tribal and remote values of the group (T) explains the control group in the evaluation used

Measurement and evaluation	Arithmetic medium		Standard error	T Calculated	sig
	Tribal test	Post test			
Circular attack/ degree	3.784	5.012	0.512	2.398	moral
Anti -attack/ degree	3.895	5.221	0.612	2.166	moral
False attack/ degree	3.647	4.998	0.577	2.341	moral

(T) Table value at a degree of freedom (9) and under the level (0.05) = 1.833

**Table (3)**

The tribal and post - test values of the group and the experimental are explained in the evaluation used

Measurement and evaluation	Arithmetic medium		Standard error	T Calculated	sig
	Tribal test	Post test			
Circular attack/ degree	3.674	7.124	0.884	3.902	moral
Anti -attack/ degree	3.784	7.562	0.995	3.796	moral
False attack/ degree	3.556	6.778	0.839	3.84	moral

(T) Table value at a degree of freedom (9) and under the level (0.05) = 1.833

**Table (4)**

The values (T) explains the dimension between the two controlled and experimental groups in the evaluation used

Measurement and evaluation	Arithmetic medium		Standard error	T Calculated	sig
	Tribal test	Post test			
Circular attack/ degree	5.012	0.845	7.124	0.812	moral
Anti -attack/ degree	5.221	0.756	7.562	0.882	moral
False attack/ degree	4.998	0.698	6.778	0.642	moral

Table (T) value at a degree of freedom (18) and under the level (0.05) = 1.724

By noticing the two tables (2) and (3) it was found that there are moral differences between the tribal and post evaluation and the control and experimental groups in the basic skills of the foil weapon and in favor of the post -evaluation, and this indicates that the two groups have been learned in performing the basic skills



with the shish weapon, that is, the teacher exercises were controlled Successful and researcher's exercises according to the closed circle theory were also successful.. It has achieved success in learning, whether the traditional method by the teacher or the experimental method of the researcher, and this happens automatically. With its " effect on learning, it is necessary not to add a lot of time, because the exercise is the performance or completion of a specific work or duty repeatedly for the purpose of learning a skill in full acquired". ( Qasim Izaam : 2012 )

Marwan Abdel Majid & Muhammad Jassim Al -Yasiri : 2010) sees that "the goal of the practice is to reach the sports individual to the highest level of sports achievement in the event or the activity in which the player specializes."

Either Table (4) It has indicated that learning according to the closed circle theory is better because it depends on the basic degree of closed nutrition, as ( Abdul Karim Al -Imam :1988) states that feedback is a "important and significant source of information regarding performance such as the degree of error, and it works to direct the learner Towards achieving a specific goal or standard, as well as it contributes to strengthening the bond between the stimulus and the kinetic response, as it works to encourage the appropriate motor responses to repeat performance, because the encouragement explains to the learner what is required of him correctly".

Also, if it is used according to a correct theory, such as the theory of the closed department, it will have a direct impact on learning basic skills in tennis. And the use of appropriate and gradient methods with difficulty and observing individual differences as well as the use of influential educational methods "(saad mohsan : 1996).

In addition to that this theory increases the desire and motivation for learners in performing difficult skills, and this helps to increase accuracy in skill education, and this was confirmed by ( Nahida Abdul Zaid :2011) "several methods to stir the learner's motives towards the event or the game to learn its skills and practice, and from these methods it is a facilitation The opportunities for kinetic learning and clarity of the appropriate goal to learn and develop skill, as well as a balance in satisfying the needs of the learner .

Also, the diversification and repetition of educational exercises in a scientific way helped to raise the level of performance necessary for the skill performance, and this is confirmed by ( Basma Naim : 2010) "The principle of diversification in skill





exercises with different shapes as well as the use of an appropriate number of repetitions, which contributed to increasing the amount of learning" .

#### **4- Conclusion**

- 1- Educational exercises according to the closed department's theory have a major role in the process of learning some of the basic offensive skills in the Foil weapon because of the successful scientific characteristics.
- 2- Learning according to the use of feedback and based on a scientific theory such as the closed circle theory will work to learn the basic offensive skills with a Foil weapon as in this study.
- 3- Adopting educational exercises according to the closed theory of the department because of its great role in the process of learning some offensive skills in the Foil weapon and because of the successful scientific characteristics it contains.
- 4- Emphasizing the use of feedback, especially if it is based on a scientific theory such as the closed circle theory because it is successful in learning the basic offensive skills with a Foil weapon.

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**Appendix (1) First Week: The first top scorer of the educational unit: Learn the basic offensive skills with a shish weapon**

**Educational unit: 1**

Sections of unit	time	details and exercises	Repetitions	notes
Introductory section	15 m	Attendance registration- general warm-up- private warm-up		
<b>Main section:</b>  1- Educational 2- Applied	85 m  35 m 50 m	1- Explain the basic offensive skills with a shish weapon. 2- Giving a copy and a model of the performance used. 2- Performing skills with a light wood stick on points drawn on the wall. 4- Performing skills on dolls 5- Performing the three skills with the colleague	3×4  4×4  4×4	-Giving feedback miscellaneous -Emphasis on the content
The closing section	10 m	Hide it, breathe and give duties		