

# The effect of educational exercises according to the SAMR model in the development of motor flexibility and learning the Abbasid grip

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## Abstract:

The aim of the research was to prepare an educational curriculum according to the (SAMR) model in the development of motor flexibility and learning the abassian grip in the wrestling game and identify the impact of the prepared curriculum, the researcher also used the experimental curriculum for the two equal groups and the research sample reached (153) male and female students of the University of Israel/ Faculty of physical education and Sports Sciences, the third stage in 2023-2024 and the percentage reached (59.4) males distributed equally between the two groups and the sample was selected in a random dividing them into (25) students of the experimental group and (25) students of the control group, the researcher concluded that there is a positive effect of the educational curriculum in improving the experimental group. The researcher recommends that the educational curriculum should use the SAMR model in order to develop flexibility and learn grabs in the wrestling game, as well as it is necessary to use modern technology integration models as well as the use of technological innovations of tools in the educational process that help teachers to use them for teaching in physical education.

**Keywords:** model (SAMR), motor flexibility, abassian grip.

## 1. Definition of research

### 1.1 Introduction and importance of research :

In modern times, the world is witnessing a significant and comprehensive development in the terms of the educational process (learning, teaching and teaching) and one of the most prominent features of the modern era that we are living is the scientific progress that man has made and it has become necessary to keep up with this progress through the use of the best methods that serve the learner to reach the best levels is the level of advancement. Therefore, teaching methods and methods have developed rapidly as a result of great scientific progress and that the countries of the world are beginning to race among themselves to reach what is new in the educational process. But the importance of research in the use of the Model (S A M R) and the development in technology education and the increase of students in education using educational exercises in the Al-Abbas's (p) grip in the game of wrestling, which drew the focus of physical education teachers to benefit from this educational model in particular, and this benefit is reflected on increasing the level of students and the use of modern technology in education in general. The model of integration of Educational Technology (S A M R) works to increase educational benefit and increase the level of activity and consists of four educational levels that move from the lower levels to the higher levels in the design of goals in the educational process.

### 1.2 The research problem :

The researcher, being one of my teachers in the wrestling subject at the Faculty of physical education, noticed a weakness in the learning process among students for some catches in wrestling, as it needs to employ new technology in presenting the academic content and building knowledge that the student will benefit from in the theoretical and practical side.

The lesson of wrestling at the Faculty of physical education is one of the important lessons because the wrestling game from the Olympic and World Games has a clear impact on the preparation of students from the physical, mental and motor sides and it contains a lot of grabs and motor skills from the defensive side, whether it is offensive or defensive, so it must be learned from theoretical or practical points of view.

### 1.3 Research objectives

1-preparing educational modules according to the (S A M R) model in the development of motor flexibility and learning the abassian grip.

2-identify the impact of the prepared educational modules.

3-identify the best aggregates that work according to the (S A M R) mode.

**1.4 Research hypotheses**

1-there are no significant differences between the results of the pre-and post-tests of the two research groups (experimental and control ) .

2-there are no significant differences between the results of the dimensional tests of the two research groups ( experimental and control ) .

**1.5 research areas**

1-5-1 human Field: third-stage students at the Faculty of Physical Education / Israel University

1.5.2 time domain: 15\ 10\ 2023 – 24\ 1\2024.

1-5-3 spatial field: Wrestling Hall at the Faculty of Physical Education / Israel University .

**2.1 research methodology :**

The experimental method is the closest approach to solving problems in the scientific way, and it means trying to control all variables except one variable, if the researcher changes it and measures the extent of its impact, and this change is called an experiment . (1)

**2-2 research community**

A sample is a scientific research model through which a researcher conducts all his work on it.(2) , The research community was selected from the students of the University of Israel / Faculty of physical education and Sports Sciences of the third stage in the year 2023-2024, numbering (153) students and (5) halls that represent the sample and were selected in a regular random way, which were selected from the original community of (92) students, namely the Hall (B-th – C) by drawing lots, Hall (W ) of 30 became the student of the experimental group and Hall (B) of 31 became the student of the control group , after which the practicing players of the wrestling game, repeaters, postponed and females who did not commit to attend were excluded, and thus the research sample (59.4%) became males distributed equally between the two groups as in the table .

**Table No. (1)**  
**Shows the total number of excluded search sample**

sample application	Excluded	total number	Groups	hall	S
25	5	30	experimental group	W	1
25	6	31	control group	B	2
10	21	31	reconnaissance	C	3
60	32	92	(Total )		

The survey experiment was conducted on a sample of (10) students from Hall (C), and this percentage of the sample became (59.4) from the community of origin, and then the experimental design was adopted using the methods of the two equal equal groups with the tribal test .

**2– 4 means, tools and devices used in the research :**

**2.4.1 means of information collection :**

1 - (Ibrahim bin Abdulaziz Al-duailaj; methods and methods of Scientific Research, Vol. 1, Dar Al-Safa, Amman,, 2010, p. 72.

2- Abdul Ali Nasif: training in wrestling, i2, Mosul, House of books for printing and publishing , 1987 .

It means the method or means that the researcher uses to solve his problems , regardless of the tools , samples, devices ...) (1). If the researcher uses the following means :

- \* Arabic and foreign references and sources .
- \* Global Information Network (Internet)
- \* Tests and measurements .
- \* Observation and experimentation .
- \* Personal interviews .
- \* Auxiliary work team\*

#### **2.4.2 devices and tools used :**

- \* Wrestling mat .
- \* Canon video camera Number (1).
- \* Referee whistle number (1).
- \* Poster (photos) of the parts of the Abbasid grab .
- \* Leather tape for measuring body length .
- \* An electronic device for measuring body mass .
- \* Laptop hp Type number(1).
- \* Laser discs (DVD-CD) .

#### **2.5 test specifications used in the study :-**

##### **The first Test**

Test name: -: test how flexible the torso and neck are . (2)

Purpose of the test: ViAS the elasticity of the trunk and neck

Tools : mat, ruler or tape measure in inches

Test specifications :

1-the tester lies down on the abdomen with hands behind and palms on the bench, fixation is done by the colleague

2-the ruler or meter is placed vertically in front of the laboratory head

3-the neck is fixed at the torso level with the torso slowly raised to the maximum extent and the measurement and recording of the reading is done at the level of the laboratory chin

4. record readings for the nearest inch

5-distances are recorded in inches from the level of the rug to the bottom of the chin

6-reading is from bottom to top (Zero is the lowest score )

Registration: the best readings are recorded for the best of three attempts.

##### **The second Test**

Test name: test (Al-maskah Al-Abbasi) (3)

Purpose of the test: measuring the learning level of the Abbasid Maska

Tools used : wrestling mat, stopwatch, whistle, performance evaluation form

Performance description: the two players take the initial position of the grip, and the player performing the test performs the grip completely and without stopping any of its parts, and upon completion, the final position of the grip proves the end of the final section

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1- a well-liked face. Methods and approaches of scientific research. I1. Mosul: Directorate of the House of books for printing and publishing, 1988, p. 135.

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1-<https://www.sport.ta4a.us/human-sciences/tests-measurements/1669-flexibility-tests.html>

1) Mohammed Issa: the impact of the circular house shape strategy using various educational means in teaching wrestling and cognitive education to students, master's thesis, unpublished, (Mustansiriya University, Faculty of basic education, 2019 ) .

Test conditions :

- 1-perform the Grab as quickly as possible
- 2-the grip must be performed without stopping in any of its parts
- 3-two attempts are given to the tested player

Recording :

- 1-evaluation of the technical level of experts with competence
- 2-the player is awarded a grade of (1-10) grades according to the correct performance and reality
- (3) the scores of the preparatory Section, (4) the scores of the main section and (3) the scores of the final section, two attempts are given to each player and the best score of the two attempts is awarded .

## **2.6 exploratory experience**

### **The first reconnaissance experiment :**

The researcher conducted the first survey experiment on Sunday, 2023/10/15 in the Wrestling Hall at the Faculty of Physical Education, Israel University, on a survey sample of (10) players from Division ( C )who did not enter the main experiment .

### **The second reconnaissance experiment :**

The researcher conducted the second exploratory experiment of educational exercises according to the s A m r model in motor flexibility one week after the first exploratory experiment on the date of (2023/ 10 /22) in the Wrestling Hall at the Faculty of Physical Education, Israel University, and for the same players, the exploratory experiment was produced

- 1-the validity of the devices and tools used .
- 2-the safety of the hall to which the experiment will be applied
- 3-knowledge of the readiness of the team to help complete the tests and research and distribute their roles and guide them with instructions
- 4-convenient time with tests and knowledge of students ' assimilation of tests.

## **2.7 pre-tests :**

The researcher conducted the tribal tests of the research sample on Wednesday, corresponding to (2023/10/25) and was given the first educational unit in the Abbasid maskah on (2023/10/28), which included explaining the Abbasid maskah with the use of educational means for the Abbasid maskah, then presented a prototype of the maskah and the research sample applied it and after the end of the first educational unit, the tribal test of the sample was conducted for the purpose of parity.

## **2-8 educational modules according to the SAMR model :**

The researcher prepared an educational curriculum for the experimental group according to the (SAMR)model after the researcher completed the exploratory experiment and the pre-test, if the curriculum application began on Sunday corresponding to (29/10/2024) and the curriculum continued for 12 weeks until (24/1/2024) and one educational module was applied per week, the first educational module and the second educational module were introductory, in order to introduce them to the modules for the purpose of clarifying their application process and avoiding mistakes, and then two educational modules were used, in which the researcher then used two educational units to apply the principles of substitution and increase, and then three educational units were used to apply The principle of replacement, increase and modification, and then three educational modules were introduced to apply the principle of replacement, increase, modification and redesign, as for the educational module, the time of the educational module was (90) minutes, and the educational module is divided into three main sections, the first preparatory section is (15) minutes and contains (administrative side –introduction –physical exercises), the second the main section is (65) minutes and contains the educational activity is (20) minutes and the applied activity is (45) minutes, the third section is the final section is (10) minutes and relax and calm down .

## **2.9 dimensional performance assessment tests: -**

After completing the application of the vocabulary of the educational curriculum using the SAMR model for 12 weeks, the researcher conducted the post-test of the research sample on (24/1/2023) and the pre-test itself was developed .

## **2.10 statistical methods:**

The researcher used the statistical means obtained from the tests using the statistical bag (SPSS) V (21).

## **3-presentation, analysis and discussion of results**

**3.1 presentation and discussion of the results of the two groups (experimental and control ) of the**

Semantics	Value Sig	calculated value	FH	F-	post-test		pre-test		N	Group
					+Y	X +	+Y	X +		
Moral	0.000	-18.746	0.579	-5.920	1.598	18.840	0.812	.92012	25	flexibility
Moral	0.000	-289.15	2350.	880-3.	0.500	5.280	5000.	1.400	25	Al-Maska Al-Abbasiya

study variables (motor flexibility and Al-Abbas's (P )grip)

**3.1.1 presentation and analysis of the results of the experimental group of study variables for the tribal and dimensional tests ( motor flexibility and grasping Abbasi ) and their discussion**

Table No.( 2)

**Shows the arithmetic mean, standard deviations, arithmetic mean differences and t-test values calculated for the results of the pre-and post - tests of the experimental group**

Table No. (2) shows that the members of the experimental group that performed the educational modules according to the model

(SAMR) has become a better performance level in the test results through the arithmetic circles and the value of the significance level (sig) and the value of t) calculated between the results of the pre-and post-test as shown in the table . As we see that there is a clear advantage in the results of the dimensional tests of the motor flexibility and the Abassi grip of the experimental group, and that there is also an increase in the dimensional test in the values of the computational circles and the values of the significance (sig) and were smaller than (0,05), which confirms the existence of statistical differences between the results of the pre-and post-test and in favor of the post-test .

This progress in the experimental group is due to the use of modern technologies and advanced technology in learning and education, ' as confirmed by (Ismail Abdel Zaid et al.) in saying ( that educational – learning design provides the teacher and the learner with an educational environment built on technological foundations that allows the teacher to perform a task successfully and the learner to gain high professional competencies). (1)

**3.1.2 presentation and analysis of the results of the control group for the study variables of the tribal and post-dimensional tests ( motor flexibility and grip Abbasi ) and their discussion**

Table No. ( 3 )

Shows the arithmetic mean, standard deviations, arithmetic mean differences, and t-test values calculated for the results of the tribal and dimensional tests of the control group

Semantics	value Sig	T calculated	FH	F-	post-test		pre-test		N	Group
					Y-	X-	Y-	X-		

1) Ismail Abdul Zaid and others : the new in educational design and educational technology, House of books and documents, Baghdad, 2019, P .116.

Moral	0.000	-10.119	0.316	-3.200	1.572	16.160	0.789	12.960	25	flexibility
Moral	0.000	-10.740	0.212	-2.280	0.748	3.680	0.500	1.400	25	Al-Maska Al-Abbasiya

We see that the improvement of the level of performance of individuals in the study of the flexibility variables for the mobility and grip of the Abbasi through observation between the differences of the computational circles and the level of the significance value (sig), which was less than (0,05) and this confirmed the significant differences were for the dimensional test .

**3.1.3 presentation and analysis of the results of the dimensional Test between the experimental group and the control with the variables of the special study ( motor flexibility and grip Abbasi ) and discuss them.**

When we see Table (4), we notice that there are significant differences between the results of the dimensional calculation between the values of the computational circles and the calculated value (t )

Table No. (4 )

It shows the arithmetic mean, standard deviation, mean difference, error level, calculated T-test values and the significance of the differences of the results of the dimensional testing of the experimental and control groups .

Semantics	degree (Sig)	(v) Calculated	control group			experimental group			Group
			Y-	X-	N	Y-	X-	N	
Moral	0.00	5.975	1.572	16.160	25	1.598	18.840	25	Elasticity
Moral	0.000	6.318	0.748	3,680	25	1.021	5.280	25	Al-Maska Al-Abbasiya

If the level of significance (sig) was less than (0,05), this confirmed the presence of significant statistical differences between the test results of the experimental group and the control group and was in favor of the experimental group in which the educational curriculum was used according to the SAMR model . The researcher confirms that the differences in the results of the dimensional test were the result of the effect of the SAMR model for the development of motor flexibility and learning the Abassi grip in the wrestling game, and this is what Ismail Abdel Zaid and others pointed out by saying (that educational technology does not mean just the use of modern machines and devices, but means in the first place the adoption of the systems method is to follow an approach, style and method of work that follows in orderly steps and uses all the possibilities offered by technology according to the theories of teaching and learning). (1)

**4. conclusions and recommendations :**

**4.1 conclusions :-**

1 ) Ismail Abdul Zaid and others : a source previously mentioned, 2019, P. 109 .

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1-the positive effect of the educational curriculum was to improve the experimental group in their performance level of the variables motor flexibility and grasping .

2-the presence of interaction for students who studied on the Model Method (SAMR) compared with students who studied on the traditional method .

3-motor flexibility is present in all students, but it needs regular excitement for its development and development .

#### **4.2 recommendations :-**

1-the educational curriculum should be used with the SAMR model in order to develop flexibility and learn holds in the wrestling game .

2-it is necessary to use modern technology integration models as well as the use of technological innovations of tools in the educational process that help teachers to use them for teaching in physical education .

#### **Sources**

1) Ibrahim bin Abdulaziz Al-duailaj; methods and methods of Scientific Research, Vol. 1, Dar Al-Safa, Amman,, 2010, p. 72.

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3) Abdul Ali Nasif: training in wrestling, i2, Mosul, House of books for printing and publishing , 1987 .

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5) Ismail Abdul Zaid and others : a source previously mentioned, 2019, P. 109 .

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7- <https://www.sport.ta4a.us/human-sciences/tests-measurements/1669-flexibility-tests.html>