The Effect of the Micro -Teaching Method on the Physiological Level of Testosterone and Learning the Most Important Basic Skills in Fencing

Aqeel Yahya Hashim Abdulaziz, Hayder Naji Habash Alshawi, Asmaa Hazaim Mohammed

Republic of Iraq / University of Kufa - Faculty of Education for Girls - Department of Physical Education and Sports Sciences.

Abstract

The -teaching method is one of the modern methods in which all curricula have been taken. It is one of the methods of teaching that has emerged in the field of modern teaching, which is a method of developing student teaching skills, because it is a real teaching is not much different from full teaching training, it contains all the elements of teaching known. The fencing sport is one of the oldest known sports in the world, which has gradually expanded its attention to the increasing interest in its education and training. The researchers used the experimental approach on the students of the third stage in the Faculty of Physical Education and Sports Science University of Kufa (61) students, the tests were used to measure the physiological level of testosterone and to measure the level of performance of the most important skills in the duel. The researchers performed tribal tests and measurements on 27/11/2016, which included the withdrawal of a blood sample to measure the physiological level Testosterone, and then test the performance of basic skills in dueling and the preparation of units for teaching the method of -teaching and conduct post-tests. The researchers concluded that the use of the method of teaching micro-give the results of learning better, helping to achieve the objectives of educational exercises, the use of micro-teaching impact on the secretion of testosterone level, which reflects the strength of personality, and recommended the use of the method of teaching -achieving the objectives of educational exercises ,the use of micro-teaching in the development of personality traits, because the method of teaching -works to develop personal aspects ,and the use of the micro-teaching method with other samples of beginners in learning and with learners in the development of the skillful performance of the fencing.

Keyword: Micro -teaching method, Testosterone, Learning , Basic skills and fencing.

Introduction

The mini-teaching method is one of the modern methods in which all curricula have been taken. It is one of the methods of teaching that has emerged in the field of modern teaching, a method that works to develop the student’s teaching skills, because it is a real teaching is not much different from full teaching training, it contains all the elements of teaching. The fencing sport is one of the oldest known sports in the world, and its base of deployment is gradually becoming increasingly concerned with its education and training. On the one hand, fencing is a sport of science and art and the path to health and self-confidence. The importance of research lies in the attempt of researchers to study the field and using the micro-teaching method in the development of psychological variables and learning the most basic skills in dueling.

The problem of research is that researchers have decided to move away from the traditional method And the use of modern method is the method of mini-teaching and try to accelerate the physiological level of testosterone and learn the most important skills in the fencing, and the development of the sport of fencing in the practice of balanced thinking and give a broad horizon of perception and thinking, which helps. The objective of the research was to identify the effect of the micro-teaching method on the physiological level of testosterone and to learn the most basic skills in fencing.
The research hypothesized that the method of mini-teaching has a positive effect on the physiological level for testosterone, learn the most basic skills in fencing.

The Practical Part

Procedures of Field Research

The researchers used the experimental method in the two groups (experimental and experimental) method. Experimental research is concerned with the description of what happens when the researcher controls certain variables. The researcher selects the sample from the study community and then designs the results of a sample of the sample from which the sample was withdrawn, on this basis, the researchers identified the research community students of the third stage in the Faculty of Physical Education and Sports Sciences University of Kufa (61) students, (B) and (C) by 32 (C) and 29 (B) respectively. The researchers then selected both experimental and control groups by drawing drawers and then drawing them with pre-prepared pieces of paper. The experimental group represented by Division (B) was used as a mini-teaching method, the control group represented by Division C used the traditional method, and the number of each group became (20) students, after excluding (21) students from the two groups for participation in the exploratory experiment with (10) students and (4) absence and (2) elected university and (4) heterogeneity.

Tests

The Test of Physiological Level of Testosterone

Objective of the Test

Measure the level of the level of testosterone.

Tools Used

Specific dyes for measuring the hormone and the laser device for analysis.

Method of Registration

The device gives the result of the hormone from the blood sample that was withdrawn from the sample in advance.

Measuring the Level of Performance of the Most Important Skills in the Fencing

The researcher used the evaluation method by specialized experts to use an approved evaluation form in the sport of fencing. Thirty degrees were given to evaluate the skill of the challenge movement and 10 points were given to the rest of the skills. The skills were presented and presented to three experts to assess the skill performance. Skills and distributed to experts in the form of DVD discs with the distribution of the evaluation form for each expert to assess the skill performance of the skills in question and after the collection of the data was dumped in a special form to be processed statistically, the math was extracted for each skill and the adoption of the final grade of skills used Meh under discussion.

Pre Tests and Measurements

The tests and tribal measurements were carried out on 27/11/2016, which included the withdrawal of a sample of blood to measure the physiological level of the testosterone test, and then test the performance of the basic skills of the duel (the movement of the appeal, direct attack direct, and the decisive attack, and attack change direction) Send it to the experts for performance appraisal.

Educational Units

The researchers prepared units of instruction for the mini-teaching method. The unit was divided into three sections of the preparatory and final sections of the teacher. The researchers only entered the main section of the unit. The units continued to be applied for 8 weeks according to the curriculum of the college starting from (8) units of instruction and the unit time (90) minutes divided by the following: the preparatory section (15) minutes and the section President (65) minutes and the closing section (10) minutes.

Post Tests

The tests and measurements were carried out on 29/2/2017, including all the dependent variables that were performed in the tribal tests.

Statistical Methods

The SPSS program was used.

Results and Discussed

After emptying the data obtained by the researchers and processing them statistically and to verify the validity of hypotheses. The results of the two groups (control and experimental) appeared at the physiological...
level of the testosterone level and learning the skillful performance of the basic skills in the duel (appeal movement, direct straight attack, conclusive attack, attack change direction). The data were statistically analyzed using SPSS to compare the mean scores of the experimental and control tests for the experimental and control groups. The t-test test was used for the interrelated and independent samples to determine the significance of the differences between the experimental and control groups, and verify the effect of the mini-teaching method in the learning process for the skillful performance of the fencing in the research sample, the results obtained by the researchers provide sufficient data on the results of the field experiment they applied to the experimental group. The results showed that there were significant differences between the pre-test and post-test variables. The results showed significant progress in the experimental group.

Table 1: Shows mean and the standard deviation, the calculated and moral value t, and the statistical result of the search variables

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measurement units</th>
<th>Experimental group</th>
<th>Control group</th>
<th>(t) value</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>Mean</td>
<td>STD.EV</td>
<td>STD.EV</td>
</tr>
<tr>
<td>Stabbed (30°)</td>
<td>Degree</td>
<td>17.38</td>
<td>14.82</td>
<td>4.48</td>
<td>3.90</td>
</tr>
<tr>
<td>Direct Straight Attack (10°)</td>
<td>Degree</td>
<td>6.92</td>
<td>4.75</td>
<td>1.9</td>
<td>1.07</td>
</tr>
<tr>
<td>Severe attack (10°)</td>
<td>Degree</td>
<td>6.02</td>
<td>4.18</td>
<td>0.70</td>
<td>0.77</td>
</tr>
<tr>
<td>Attack by changing direction (10°)</td>
<td>Degree</td>
<td>6.29</td>
<td>4.4</td>
<td>0.80</td>
<td>0.77</td>
</tr>
<tr>
<td>Testosterone level</td>
<td>Nano*mall/l</td>
<td>12.23</td>
<td>10.87</td>
<td>2.48</td>
<td>1.98</td>
</tr>
</tbody>
</table>

Table 1 shows that the statistical difference is significant between the results of the two groups in the post-test and for the benefit of the experimental group, because the moral value is less than the significance level (0.05).

The reason for the difference is due to the applications of the exercises used for the mini-teaching method followed by the researchers. As one of the most important reasons that led to the differences is that the micro-teaching work to facilitate the learning process as it is often impossible to get a full separation of students for a normal period of time and therefore reduce the number of students and a short period of time, which makes the task of training More accessible and easy, which makes the task of training easier and easier, and often cannot get real students, the coach used to use the colleagues of the trainee to take the place of real students and a kind of representative education, in addition to that, it is a fear of the situation as the mini-teaching reduces
the sharpness of the educational situation that arouses fear among the new trainees. The trainee teacher is embarrassed by a large number of students. He may not find the same embarrassment in the face of a small number of students for a short period of time, as well as the gradual process of training. The trainees can begin by teaching only one skill or concept that is easy to prepare. Entry into a regular lesson involves many steps and requires greater skill in planning and execution. The opportunity to feedback is one of the most important elements of the training. The trainee's feedback may come from his / her performance by reviewing the recorded television tape. The feedback may come from the trainer or peers involved in the training process, and finally the performance modification. The trainee may be given the opportunity to introduce new modifications to his or her educational behavior by restoring performance after feedback.

Conclusions

The use of the mini-teaching method gives better learning outcomes as it helps in achieving the goals of the learning exercises. The use of mini-teaching has an effect on the secretion of the testosterone level, which expresses the strength of personality.

Recommendations

It is necessary to use a mini-teaching method that achieves the objectives of the teaching exercises. The use of style in the development of personality traits that the style of teaching micro-works to develop personal aspects. The use of the mini-teaching method with other samples of beginners in learning and with learners in the development of the skillful performance of the fencing.

References