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SUMMARY

Research problem & Importance :

From the researcher experience as previous teacher in ministry of education and his awareness about many previous studies, in addition to the study conducted for fulfillment of master degree, the researcher noticed that the used method in teaching physical education is one of the traditional methods that depend on explanation and demonstration with the defects of this method and the negative effects of this method on physical and skillful levels of preparatory phase students.

So the researcher conducted this study to know the effect of using two method of motor education methods one belongs to the direct styles which is the motor task and the other belongs to the indirect styles which is guided discovery on the level of some physical variables and skillful performance in physical education lesson for preparatory phase students.

Research aims :

This research aims to know the effect of using two methods of motor task and guided discovery on the level of some physical variables and skillful performance in physical education lessons for preparatory phase students.

Research hypothesis :

- 1- There are statistically significant differences between the pre- and post- measurements in the level of some physical variables and skillful performance for the control group pupils in favor of the post measurement.
- 2- There are statistically significant differences between the pre- and post- measurements in the level of some physical variables and skillful performance for the first experimental group pupils in favor of the post measurement.
- 3- There are statistically significant differences between the pre- and post- measurements in the level of some physical variables and skillful performance for the second experimental group pupils in favor of the post measurement.
- 4- There are statistically significant differences between the pupils of the control group and the two experimental groups in the level of some physical variables and skillful performance in the post-measurements in favor of the two experimental groups.
- 5- There are statistically significant differences between the two experimental groups (first and second) in the level of some physical variables and skillful performance in the post-measurements in favor of the second experimental group.

Research procedures :

Research method :

The researcher used the experimental method with three groups one control and two experimental with experimental design of pre-post measurements.

Research sample :

The researcher used 120 students divided into three groups each include 40 students according to the following :

- The first phase used the intentional method to choose the school and the grade.
- The second phase used the random method to choose the pupils of the three groups under research.

Data collection tools :

- Tests to measure the variables under research using the review of literature and presentation on experts.
- Restameter to measure length.
- Medical scale to measure weight.
- Wide area for athletic competitions and basketball ground, basketballs and tennis balls.
- Stop watch to measure time in seconds.
- Number of medical balls with different weights, measuring tape, training seats, flexibility measurement apparatus.
- A group of alternative tools.

Research Results :

- 1- The teaching methods using (explanation and demonstration, motor task and guided discovery) have positive effects on the level of some physical variables and skillful performance in the physical education lesson for the preparatory phase students.
- 2- The method of guided discovery as positive effect better than explanation and demonstration and motor task methods on the level of some physical variables and skillful performance in the physical education lesson for the preparatory phase students.

Recommendations :

- Using the methods of motor education in teaching physical education for the pupils of preparatory phase for their positive effects in development of physical variables and skillful performance and developing the educational process.
- Using the guided discovery method in teaching the content of teacher guide curriculum for first preparatory phase students.
- Conducting other studies to know the effect of guided discovery and motor task methods using different samples and other sports activities.

ABSTRACT

This research aims to know the effect of using the motor task and guided discovery method on the level of some physical variables and skillful performance in physical education lessons for preparatory phase students. The researcher used the experimental method with three groups design, one control and two experimental each include (40) students from first preparatory grade students in El-Kholafaa El-Rashidin preparatory school for boys in Port-Said governorate chosen on two phases, the first phase is intentional and the second phase random, the researcher make the matching of the students in the groups and estimated the scientific correlations for all the physical and skillful tests, the researcher used the statistical program SPSSWIN for statistical analysis of the data to achieve the research aim and testing its hypotheses in the Demographic Application and Human Resources Development Center belonging to the Statistical Studies and Researches Institute in Cairo University.

The results showed that the guided discovery method has positive effect better the explanation and demonstration, and motor task on the level of some physical variables and skillful performance in physical education lessons for preparatory phase students.

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**Effect of Task Style and Guided Discover on Some
Physical Variables and Skillful Performance in
Physical Education Lesson for Preparatory
Stage Pupils**

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