

### **Research hypothesis :**

- 1- There are statistically significant differences between the pre- and post-measurements of the three research groups in the tests of motor ability in favour of the post-measurement.**
- 2- There are statistically significant differences between the post-measurements of the three research groups in the tests of motor ability in favour of the two experimental groups.**
- 3- There are statistically significant differences between the post-measurements of the three research groups in the level of performance of some essential skills in favour of the first experimental group.**

### **Research procedures :**

#### **Research method :**

**The researcher used the experimental method with three groups two experimental and one control.**

#### **Research sample :**

**60 students was the sample divided as 20 students for control group, 20 students for the first experimental and 20 students for the second experimental chosen from first grade students in faculty of physical education Port-Said.**

#### **Research tools :**

- |                                   |  |
|-----------------------------------|--|
| <b>1- Tests for growth rates.</b> | <b>2- Tests for mental ability.</b>      |
| <b>3- Test for motor ability.</b> | <b>4- Test for level of performance.</b> |

### **Results :**

- 1- Practice method has a positive effect on performance of some essential skills and motor ability components under investigation for beginners in karate.**
- 2- Inclusion method has a positive effect on performance of some essential skills and motor ability components under investigation for beginners in karate.**
- 3- The traditional method has a positive effect on performance of some essential skills and motor ability components under investigation for beginners in karate.**
- 4- The practice method has a positive effect better than the inclusion method on performance of some essential skills and better than the traditional method.**

### **Recommendations :**

- 1- Attention to use different teaching methods in teaching beginners the essential skills in karate.**
- 2- Physical education faculties must care to introduce recent teaching methods in the programs of curricula and teaching methods department.**
- 3- Carrying similar studies to prove the effectiveness of practice and inclusion methods using another samples and activities.**

## ABSTRACT

**The purpose of this research was to effectiveness of practice and inclusion methods in teaching karate and their effects of the level of performance of some essential skills and motor ability components for beginners.**

**The sample was chosen purposely from first grade students in faculty of physical education in Port-Said and then from them randomly 60 students divided equally for three groups each is 20 students.**

**The most important results are Practice method has a positive effect on performance of some essential skills and motor ability components under investigation for beginners in karate. Inclusion method has a positive effect on performance of some essential skills and motor ability components under investigation for beginners in karate. The practice method has a positive effect better than the inclusion method on performance of some essential skills and better than the traditional method.**

**Suez Canal University**  
Faculty of Physical Education  
Port - Said  
Curriculum and Teaching Methods Dep.

**Effect of Using Two Learning Methods on The  
Performance Level for Some Fundamental Skills  
and Motor Ability Components for Beginners  
in Karate Sport**

By

**Ahmed Mohamed Abd El-Kader**

Submitted in Partial Fulfillment of The  
Requirement for PhD degree  
in Physical Education

Supervisors

  
Prof. Dr.

**Yassin Kamel Habib**

Head of Curriculum and Teaching Method  
Dep., and Vice Dean for Environment and  
Community Service (previously), Professor  
in Physical Education and Motion  
Science Dep., Faculty of Education,  
King Saud University, Riyadh

Dr.

**Mohamed Ahmed Abd El-Razek**

Lecturer in Curriculum and Teaching  
Methods Dep. Faculty of Physical  
Education Port Said  
Suez Canal University

  
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