

Effect of teaching program by using (M.U.R.D.E.R) strategy in teaching of technical achievement for shot put event for students

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ABSTRACT

This study aims to prepare units of teaching by using (M URDER) strategy to teach technical achievement for shot put event for the students. The researcher used experimental approach by two equalized groups. The society of the research were (36) students in the first grade in College of physical education and sport sciences .Meesan university for the season (2022/2023). The sample of the study were (28) students divided randomly into two groups control and experimental. Every group contains of (14) students. The percentage of the sample was (78) of the original society. Teaching program spent 4 weeks. Two units in every week. The time of the two units is (180) minutes. Finally the researcher treated with results statistically by using of the statistical bag (spss). The researcher reached to realize many conclusions. The first is that the using of (M URDER) strategy realized the targets and the purposes to teach the technical achievement for shot put event for students and the other purpose of the research represented by capability of the students to create the suitable solutions in the teaching because of its dependence on mental, visual and the listening operations individually or collectively. The researcher recommended to use (M URDER) strategy in the lessons of the subject of track and field event in addition to organize teaching approach which should be agreed with steps of (M URDER) strategy which could lead the specialists and the experts in the physical education field to realize the targets of the teaching.

1. INTRODUCTION

The scientific revolution in the last decades in the divers fields for the world have effected positively on all of the knoledgmental and scientific scopes through the improvement and development in the divers fields of the life nowadays . The sector of physical education is one of that fields which includes divers sciences and knoledgments .Teaching methods is one of these sciences which has more development related to the aggravated experiments , researches, and the studies which achieved by the researchers and the scientist in order to enhance this science by the best means which lead to realize the targets by less capabilities and best level suitable to the nature of the learners and suitable to their physical ,mental and psychological abilities .

The teaching method has many educational and behavioral targets both of them have many benefits represents by going to rise the educational level for the learners , so, it is necessary that this subject need to treat the changes and the developments in the scientific field and its applications and this is what call the specialists and the experts of the renewing and experimentation to use divers styles and strategies for the teaching because this system is changeable according to the abilities of teachers. This type of the methods and the strategies referred that the learner is effective element for the planning of the lesson and the learner should gets the chance to realize the suitable educational targets .

Shot put tournament is one of the basic events in the track and field aims to realize far distance have many styles and many technics to get the required distance are necessary to reach the ideal investment for physical forces lead the athlete to realize the fastest movement through using large muscular force then realize the best speed which realize the required achievement .

(MURDER) strategy is one of the important strategies which permit to the learner to use operations of supplying and treatment the information which include the mood , understanding, recall, digest, expansion and activate the learner to make him the center of the educational operation . The learner who depends this strategy be able to thinking by several levels.

According to that (MURDER) strategy could be useful to make mental operations takes its role to treat the information by fast style and less effort .The importance of this research appears through using (MURDER) strategy which has clear benefits to improve the technical achievement for the athlete of shot put event in the college of physical education / university of Meesan and its contribution to improve the educational operation then improve the achievement of shot put .

1.1 research problem

Every event has a special features appears in the diversity of its skills . This diversity and the interaction in teaching's methods make necessary situation to enhance the educational experiments for the learner ,therefore the specialists and the experts should take into consideration the divers styles of the teaching and the moderns methods of teaching and the planning of the strategies for the lesson according to the abilities of the students and the nature of the skills then how to make it more effective to improve the achievement .

Since the researcher is a teacher in the college of physical education in Meesan university. He noticed that there are many obstacles ,difficulties and problems for the athletes of shot put as a result to the styles and the methods which use by the teachers which are not suitable for the abilities of the learners make him unable to speak with the teachers and restrict his ideas without give the learner the chance to improve the abilities and the skills which contribute to retreat the levels of the achievement and lose the time and the effort to realize the required targets .

Furthermore the researcher did not find any study used (MURDER) strategy for learning of shot put in Iraq in spite of its importance . This is what lead the researcher to study this problem and make the suitable solutions in order to treat it correctly.

1.2 research aims

- 1- Prepare teaching units by using (MURDER) strategy to teach the technical achievement for shot put athlete .
- 2- To know the effect of (MURDER) strategy to teach the technical achievement for shot put athlete.

1.3 Research hypotheses

- 1- There are many differences have statistical significant between the results of pre and after tests for the two groups of the research to teach the technical achievement for shot put athlete.
- 2- There are many differences have statistical significant between the results of the after tests for the two groups of the research to teach the technical achievement for shot put athlete .

1.4 research fields

1.4.1 human field: students of college of physical education and sport sciences / Meesan University.

1.4.2 history field: period 5/ 3/ 2023 - 20 /4/ 2023

1.4.3 location field: circle field for shot put in college of physical education and sport sciences / Meesan University.

2. RESEARCH PROCEDURES

2.1 research approach

The researcher has used the experimental approach for its suitability to the nature of the research which could be defined that it is" accurate changing by using limited conditions for situation and notice the changing for the situation and explain it"(1,107).

2.2 research society and sample:

The society of the research is "group of natural elements which in need to know its characteristics "(2,104) . The society of the research represented by the students of first grade in the college of physical education / Meesan university in the season 2022- 2023 (36) students , whereas the sample which" means that it is a part of the original society and it is the focus of the research"(3,225)

The sample of this research represented by (28) students by using randomly style (14) of them represented the experimental group (14) of them group and control (8) students represented the explore group . The ratio of the sample was (77.78) percentage from the original society .

Table (1) Distribution of the sample

No	The sample	The number	Percentage
1	The principle sample	28	77.78
2	Explore experiment sample	8	22.22
3	Total	36	100%

2.2.1 sample equalization

In order to make one level and homogenized level among the individuals of the sample from the age, gender, same teacher and the same field . The researcher treated with the variables statistically (length, age , mass) which effect on the experiment. Therefore , that mean there is good distribution inside of the two groups "if the value is zero or near zero that mean the distribution is natural"(4,246). Table (2) .

Table (2) Homogeneity of the sample for anthropometric Variables

Variable	Unit	Number	Mean	S deviation	Median	Coefficient	Equalization
Length	Cm	28	172.730	4.887	177.5	-2.928	Equalized
Age	Year	28	20.115	0.908	20.5	-1.272	Equalized
Mass	Kg	28	70.115	2.970	73.5	-3.419	Equalized

In order to make one start line between the two groups the researcher equalized the results of before tests as it is in Table (3)

(3) Table Appear equalization results for two groups for before tests for technical achievement

Variable	Unit	Experimental group		Control group		T value	Sig value	Reference
Shotput technical achievement	Degree	Mid	S dev	Mid	S dev	0.327	0.746	Negative
		3.077	0.493	3.214	0.699			

2.3 instruments and tools

2.3.1 instruments

- Arabic and foreign resources
- Technical achievement paper
- Distance recording paper

2.3.2 the used tools

- Shot put field
- Camera
- Cd disk
- Referee flag (2)
- Iron scale tape
- Shot (4kg)
- 12 hurdles

- Medical balls (8)

2.4 technical achievement tests

Test name: technical achievement

The purpose: evaluating of technical achievement

Required tools: legal field for shot put, scaling tape, whistle ,camera ,cd disks

Achievement Description: The student stands inside shot put circle which divided by line into two divisions. In the top of the circle there is the part of putting (stop table). The student come inside the circle. He should set the shot under his jaw on the clavicle bone then the sliding movement and putting the shot by one hand . In the end makes shifting movement so that to keeping the balance then going out from the back of circle's putting.

The recording: After the end of the test the researcher shows the trials for the experts and evaluate the best trial for every student then record the results on cd disks every disk accompanied with paper of achievement evaluating. The researcher identified degrees of technical achievement by (10) degrees per five grades as follow : catch the shot (1) , standing (1), sliding (2.5) , reach to putting position (2.5) , keeping balance (3). Then the researcher sends the paper to same experts who were agreed about the dividing of the degrees .

2.4.1 (M.U.R.D.E.R) explore experiment

Explore experiment implemented on Monday 27/2/2023 for (8) students from the original society . The researcher used teaching unit which will use in teaching's approach so that to calculate time of teaching unit then appear its suitability for the sample , find out scientific basics , position of the camera, to know the difficulties, and to ensure the number of assistant team .

2.4.2 scientific basics:

Validity: The validity aims to" know the extent of test representation for the required traits or the characteristics" . The researcher used intrinsic validity . The results of the coefficient showed at table(4)

Objectivity: It means the free and neutrality and being away of the effects of the personal factors. The used test was evaluated by specialist referees, then the researcher found out objectivity value by using correlation coefficient among the results as appeared in table (4).

(4) Table scientific basics for shot put technical achievement

Objectivity	Reliability		Objectivity		The test
)Sig()person()Sig()person(
0.939	0.000	0.882	0.000	0.966	Technical achievement for shot put

2.4.3 Teaching units (murder strategy): The researcher prepared special teaching program by using (murder) strategy for the experimental group, whereas he used the usual approach for control group through the scientific references in addition to the experiment of the researcher as player in the national team for track and field and teacher in Physical Education College in the same time. Teaching program included (4) weeks, (8) units, two units per week, (90) min for one unit thus, the time of two units is (180) min.

This strategy has several steps to save the information per any lesson as bellow:

1- **Mood:** positive internal psychological weather is recommended has positive effects for the learner through making suitable environment lead to create suitable situation in order to eliminate the fear and lose the desire to teaching in addition to choosing the suitable time and place .

2-**Understanding:** stimulate the student and explain the required technical step and show it by the teacher then by the learner and identify the informations then make comparisons by using the figures and the posters then distribute the students into several coordinating groups.

3-**RECALL:** This step means teaching the students how to keep the informations and remember it . Firstly the teacher recall the informations then, apply the exercises for the required stage in this step then find out the common mistakes and clear it in order to overtake it in the future .

4- **DIGEST:** in this step the students teaches the informations ,the principles and correct technical achievement for the required skill in practical states through group of exercises , then call the students to learn it correctly . The teacher organized

some questions about how to implement the required skill in addition to using divers resources such as the pictures, the partner or the teacher which help the student to improve the achievement

5-expension: The students begin to make connections between the new information and the last information and create interaction with partners and feedback and search the situation through the questions so that to understand the next technical stage then extend the difficulties in the activities .

6-Review: In this step the student return to the last unit and parts and ask them to identify the informations or the concepts which the student able to learn it or not in order to ensure the target of the unit .

Below the suggested teaching program:

- ✓ Number of weeks (4)
- ✓ Number of teaching units weekly (2)
- ✓ The time (90)min
- ✓ Total time (720) min
- ✓ Exercises in one unit(3×5)
- ✓ Divide the experimental group into two divisions
- ✓ Every teaching unit contains

Preparation part: (20) min

Principle part: (60) min-

Final part: (10) min contains short play and relaxation exercises

Explanation unit for shot put:

In order to realize the targets of the research the researcher implemented teaching unit before the pre tests to explain the technical steps for shot put .

2.5 Before tests: The researcher implemented the tests on Tuesday 9/3/ 2023 in the field of shot put / college of physical education / university of Meesan . The researcher prepared for sum special degrees through steps of technical achievement in order to evaluate it by the referees who use a camera to record the technical achievement .

2.6 Applying teaching program by Murder strategy: on Sunday 12/3/ 2023 the researcher used the teaching units by using **murder strategy** until Friday 5/4/2023 for period of (4) weeks included (8) units and two units per week . The experimental group used MURDER strategy , while the control group used the method which the teacher use it with same number of units .

2.7 After tests: on Sunday the researcher applied after tests for the two groups in the end of the program by using Murder strategy at the same time and the same place .

2.8 statistical means: The researcher used (spss) (median , mean ,standardized deviation , t test , percentage, pearson coefficient)

3. RESULTS ANALYSES AND DISCUSSION:

Table (5)

Groups	Scale unit	Before test		After test		T value	Sig	Reference
		Mean	S dev	Mean	S dev			
Experiment	Degree	3.077	0.493	7.769	0.599	21.795	0.000	Positive
Control	Degree	3.214	0.699	5.964	0.414	12.659	0.000	Positive

Results of before and after tests

Table (5) shows the values of mean, s dev, t value, and significant for the two groups for after test. The researcher noticed that (t value) has statistical significant in the level of (0,05) for technical achievement , therefore , the results tend to the experiment group by using Murder strategy which ensured the positive effects in the special details for the technical steps helped the student to understand the required activities . This strategy appeared increasing in learning for the experiment

group because of positive role for the teacher as a leader and responsible, Murder strategy found scholar environment made a best chance to the discussion and participation in teaching operation "role of the teacher not only moving the information to his students, but the principle task is to promote the activities of the student and help them how to learn themselves"(5,130). This improvement is connected with the elements of recall, encouragement and interesting for most technical steps through showing the pictures, figures and the films which help the students to understand and stimulate the motivation then reaching to make best reaction by mental operation (6,9). In addition there are many causes for the benefits of experiment group the questions by students and answers by the teacher which mean" new ideas and connect the new informations with the last informations lead the learner to understand and stimulate his ideas and enhance his motivation to learn"(6,224) , therefore the researcher says that the cause of this result is the exercises in the teaching unit by using Murder strategy. In the recall step we gave brief for the information in the last steps (mood and understanding) , while in the digest step the student connects among the three steps (mood ,understanding ,recall) and make graduation in the connection between two steps or more through practical using . In the expansion step we increase the difficulties of exercises and correct the mistakes via skill achievement. Then recall the information so that to make type of the stability for the technical achievement for the required technical step.

Table (6) results of after tests for two groups

Experiment		Control		T value	Sig	Statistical significant
Mean	S dev	Mean	S dev	8.799	0.000	Positive
7.769	0.599	5.964	0.414			

Table (6) illustrates that the mean of experimental group is (7.769) and its standardized deviation is (**0.599**) , while the mean of the control group is (5.964) and standardized deviation is (0.414). T value(8.799) is higher than significant value which is (0.000) . These numbers refers that the experiment group is better than the control group . The researcher attributed it to using the teaching program by using Murder strategy which depend on the theory of supplying and processing the information . This strategy moved teaching operation from the pattern of keeping the information classical teaching into another pattern depends on the mental operations through explaining the mental operations for human behavior when request to identified state .

Murder strategy contribute in analyzing teaching's tasks and give a chance for the learners to create series of mental operations such as planning , questions , explanations , and relationships with the others and support the new teaching with the last teaching (8,71). Also it is appeared that the improvement is related to the nature of Murder strategy which contains from (6) steps in need to mental effort use by the learners by serial method so that to make interaction with the matter's content in order to simplifying teaching operation and save the information. Through the steps of the strategy the students implements several mental activities such as connecting the cognitive ideas with the information in the targeted teaching unit which contribute actively. The cognitive information is connected with teaching the skills and the relationship between the cognitive field and the technique of the skill has positive effects in the frequent trials (9,94). Abrahamiy remembers that Murder strategy has many steps help the students to learn and saves the last information lead them to expand their ideas which abled them to create best understanding

4. CONCLUSIONS AND RECOMMENDATIONS

4.1 Conclusions

- 1- Using of Murder strategy realized the required targets for teaching the technical achievement for shot put tournament
- 2- Students capability to find out the suitable solutions for the state of teaching because of its depending on mental and visual operation individually or by the group
- 3- Using of Murder strategy enhance and promote teaching of the experimental group in shortest period than the method which the teacher uses it for control group.
- 4- The exercises for the experimental group were suitable and realized positive results for teaching the technical achievement in shot put tournament.

4.2 Recommendation

- 1- Using Murder strategy to teach the sport of shot put.
- 2- Organize teaching approach depending on the steps of Murder strategy and the required targets.

Make a compression with other strategies through the researches and the studies by using Murder strategy.

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