

Effectiveness of Distance Learning via the Internet on Performance Level of the Setting, Spiking in Volleyball

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Abstract

The research aimed to using distance learning via the Internet and monitor its effectiveness on skillful Performance level in volleyball (Setting, Spiking skill) for physical education female students. the researcher used the experimental method by the experimental design of one group using pre-post measurements, the study was conducted on a sample of (50) female students with 19.84% of the total population in the year 2016/2017, results indicated that distance learning via the Internet led to a higher level of skillful Performance under research in volleyball.

Keywords: Distance learning, Internet, Volleyball, Passing (Overhand, Overhead or Setting), Spiking.

Introduction:

Learning based using materials or electronic means, such as the distance learning or using the technology of education in general, it is a way of tools that support the educational process, using the latest methods in the fields of education, publishing and entertainment adoption of computers , media, storage and networks, which has increased in the consolidation of the concept of individual education or self - ; where he continues to learn the learner according to his ability and his ability and speed

of learning According to his previous experience and skills. [28: 34], [31: 52]

Distance learning has become a standard for the success of education in countries in general, and university education is in need of technology at the moment. Today, students are using the Internet on a regular basis. E-learning provides flexibility in time and space and supports channels of communication with students. [21: 30]

The distance learning is the use of technology and technology in education and

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harnessing it to learn the student self and collectively, starting with the techniques used for presentation in the classroom of multimedia and electronic devices, and ending with the physical components of education such as smart school and virtual classes through which the interaction of the members of the process Educational online. [4: 17]

In distance learning, students can log in from anywhere in the world to access their class materials and interact with one another. Each institution uses a specific system, but they are all similar in their ability to present course material including class syllabus, assignments, quizzes, and provide video and audio plus a whiteboard screen where the lesson is presented just like it would be on a classroom's video screen or blackboard. You can interact with instructors, access course materials and stimulate debate among your fellow students when it fits your schedule. In most courses, you must keep up with the scheduled course work. Courses are instructor led and in most instances, follow the same semester schedule as traditional courses.

All specific course information such as how to reach the instructor, what work is expected, and deadlines to turn in assignments and take tests will be found within your course site. [24]

On the other hand, Volleyball is the world's second popular sport after soccer. the United States Volleyball Association (USVBA) is the national governing body with its headquarters located in Colorado Springs, Colorado which is also the Olympic training center. The basics of the original game has changed drastically over the years. Players are now expected to achieve the more advanced skills of the game and keep abreast of the new developments. The rebound aspect of volleyball creates unique challenges for all players. Volleyball makes broad motor skill demands on a player in spatial orientation, balance, rhythm, power, speed, and other abilities. Volleyball is not a copy of experiences of any other team sport, but it is the truest team sport. [13]

Setting- Used to receive a teammate's pass in order that the play may continue by

passing the ball overhead to an attacker. the fundamental action of setting is to contact the ball with the finger pads momentarily at the forehead and following through with arms fully extended to the hitting target. Attack (Spike)-Used to put the ball into the opponent's court in order to earn a point or side out. the fundamental action of attacking incorporates a quick approach followed by a strong, full arm swing, and follow-thru. [14]

According to the above, this study is based using of distance learning via the Internet, which offered content of lessons for the purpose of learning Some volleyball skills, The researcher observation during her work at the Faculty of Physical Education that Methods and means used to learn volleyball skills lacks the motivation of the learner and the desire to learn more skills, as period after using these methods the learner sense monotony and boredom, these traditional methods doesn't commensurate with what the world reached of technological uses and applications in the educational process.

Therefore, this study is an attempt to teach female students with one of the most modern strategies in the field of volleyball, by using distance learning via the Internet for studying its effect on skillful performance in volleyball.

Objective:

The aim of this study was studying effect of using distance learning via the Internet on skillful Performance level in volleyball (Set, Spike skill) for female students of physical education faculty.

Research hypotheses:

There are statistically significant differences between the average of the pre-and post-measurements for research group in the level of skillful Performance under research in favor to the post measurement.

Methodology Method:

The experimental approach was used for one group, using pre- post measurements.

Research sample:

The research society consisted of (252) female students of the fourth class students in faculty of physical education for girls in Gezira, Helwan university for the academic year 2016/2017. The

basic sample was randomly selected from the female students of the research community. The total number of the sample was (50) female students with 19.84% of the total population, And (20) students of the total research community and outside the basic research sample as exploration sample. Thus, the basic sample and outside the basic research sample consisted of (70) female students by 27.78% of the total population.

Tools:

1- Data recording forms: Forms for recording the data for the research sample were prepared. (Appendix 1)

2- Tools and devices: Restameter device for measuring height and weight, distance tape measure, Bearings, medical balls, tennis balls, volleyballs, volleyball court.

3- Fitness elements tests: (Appendix 2, 3) The fitness elements tests for the Set skill and the Spike skill were identified through the following references: (Ahmed 2013) [5], (Zaki 2012) [44], (Farid et al. 2012) [16], (Mohamed, Hamdy 2005) [30], (Mohamed Alhefnawi 2013) [26], (Ayman 2006) [12], (Tarek, Ayman 2006) [41], (Mohamed, Ayman 2005) [27], (Ayat 2009, 2016) [9,10], (Ali

2014) [8], (Ahmed, Ali 2005) [3], (Marwan 2012) [23], (Ali 2010) [7] and (Rehab et al. 2013)[37].

These references were used to identify:

- Fitness elements needed to perform the skills under research.

- Measurement tests for the fitness elements (physical tests).

The experts' opinion (Appendix 7) was reviewed. The experts pointed out that the fitness elements (accuracy, strength, capacity, coordination, and flexibility) Shown in Appendix (2).

The experts also pointed to the most appropriate tests (Table 1 & Appendix 3) for measuring these physical elements, which obtained an agreement rate higher than 75%. Shown in Appendix (3).

4- Skillful tests (Set, Spike): Through the following scientific studies and references: (Ali 2014)[8], (Ahmed, Ali 2005) [3], (Ayman 2006) [12], (Tarek, Ayman 2006) [41], (Mohamed, Ayman 2005) [27], (Ayat 2009, 2016) [9,10], (Marwan 2012) [23], (Rehab et al. 2013) [37], (Afaf et al. 2014)[2] and (Mohamed, Hamdy 2005)[30]

The skillful tests were determined to measure the level of performance of the Set and Spike. In addition, the expert opinion (Appendix 7) was used to determine the tests

to measure the skills, Experts agreed to the tests of (The accuracy of setting test, straight

Spike test) as shown in Appendix (4).

Table (1)
Validity and stability of physical and skillful tests. N=20 (test validity), N=10 (test stability)

Variables	unit	Distinct N ₁ =10		Non distinct N ₂ =10		Mean differences	T. value
		M	±SD	M	±SD		
Accuracy	Degree	5.65	0.88	3.85	2.15	1.80	4.60 *
Strength	Kg	23.98	1.18	22.33	2.32	1.65	4.39 *
Arm capacity	meter	5.84	0.55	4.05	0.51	1.79	4.56 *
Legs capacity	Cm	27.25	5.26	18.64	4.55	8.61	12.58 *
Coordination	Degree	5.56	0.88	4.05	0.54	1.51	3.60 *
Frontal flexibility	Cm	8.50	1.36	6.59	1.25	1.91	3.72 *
Background flexibility	Cm	28.67	1.91	24.02	1.80	4.65	6.21 *
Set test	Degree	23.56	4.56	12.51	2.10	11.05	15.33 *
Spike test	Degree	4.20	1.02	1.22	0.22	2.98	5.12*
Variables	unit	1 st		2 nd		CC	
		M	±SD	M	±SD		
Accuracy	Degree	3.85	2.15	3.88	2.16	0.94*	
Strength	Kg	22.33	2.32	22.4	2.35	0.93*	
Arm capacity	meter	4.05	0.51	4.03	0.5	0.95*	
Legs capacity	Cm	18.64	4.55	18.6	4.49	0.89*	
Coordination	Degree	4.05	0.54	4.08	0.55	0.91*	
Frontal flexibility	Cm	6.59	1.25	6.61	1.27	0.92*	
Background flexibility	Cm	24.02	1.8	24	1.74	0.92*	
Set test	Degree	12.51	2.1	12.4	2.44	0.90*	
Spike test	Degree	1.22	0.22	1.2	0.21	0.96*	

The value of t-table at a significant level (18, 0.05)= 2.10 (two directions), the t-value (cc) at a significant level (8, 0.05) = 0.738 (two directions) Sperman It is clear from Table (1) that there are statistically significant differences between the two distinct and non-distinct groups, indicating the validity of the tests. It is also evident that there is a

correlation between the first and second applications indicating the stability of the tests.

Distance learning method design:

Distance learning method was designed via the internet as shown below:

1- Objective of Distance learning method: The distance learning method through the Internet was aimed to know its effect on the performance level of the Set, Spike skills in volleyball for female students of physical education faculty.

2- Skillful level of the research sample: The skillful aspects was determined by the tests under research (Appendix 4).

3- Distance learning method content: The distance learning method content was determined through the following scientific references (Ayman 2006) [12], (Tarek, Ayman 2006) [41], (Mohamed, Ayman 2005) [27], (Suzanne 2007) [39], (Ayat 2009, 2016) [9,10], (Rehab et al. 2013) [37], (Afaf et al. 2014) [2], (Mohamed, Hamdy 2005) [30], (Ali 2014) [8], (Ahmed, Ali 2005) [3], (Marwan 2012) [23], (Ali 2010) [7], (Zaki 2012) [44], (Farid et al. 2012) [17], (Mohamed Alhefnawi 2013)

[26], (Mahmoud 2016a,b) [20,21] by including some multimedia; videos, pictures and texts in A web site contains skillful aspects of the Set and Spike skills in volleyball. The stages of the technical performance of the skills under research were described (Appendix 5, 6).

4- A web site: A web site was designed or created contain the distance learning method, <http://ahmedthussaam.wixsite.com/pcb-sports>. (Appendix 8)

5- Method of teaching: The teaching method (the educational style) was used in the study was the individual or self-learning method through the use of each individual student for the Internet.

6- Site features:

- Display and download text, images, graphics and video on full screen.

- Sound control during video playback.

- Repetition of images, graphics and video more than once.

- Pause during video playback.

7- The experts' opinion: The experts' opinion (appendix 7) of distance learning method and agreement was obtained on a web site was designed, and the experts agreed to

instructions and contents of the website (appendix 8).

8- The exploratory study: The distance learning method was tested by presenting the site on the sample of the exploratory study in order to identify the clarity of the pictures, drawings and video were contained on the website. The result of this

experiment was the clarity of all the contents of the distance learning method on the web.

Application:

Distance learning method was implemented on the basic study sample (50 students), as shown in table (3):

Table (2)
Time distribution of the research group

C ontent	Time
Application Duration	12 weeks
Number of units (lessons) per week	2 units in week
Total number of units	24 units
Unit time	Open time (Time available 24 hours a day)

Distribution of the study content (skills) on the total units for the research group:

The research group was study by the distance learning

method via the website, Table (3) shows the distribution of study content of the research group.

Table (3)

Distribution of the study content (the skills under research) on the total units for the research group

units	week	Study content (Teaching content) on the web
1, 2	1	Setting
3, 4	2	Setting
5, 6	3	Setting
7, 8	4	Setting
9, 10	5	Spiking

Follow Table (3)

Distribution of the study content (the skills under research) on the total units for the research group

units	week	Study content (Teaching content) on the web
11, 12	6	Spiking
13, 14	7	Spiking
15, 16	8	Spiking
17, 18	9	Setting
19, 20	10	Setting
21, 22	11	Spiking
23, 24	12	Spiking

Moderation of sample distribution:

Table (4)

Distribution moderation for basic and exploratory research sample. N=70

Parameters	Unit	Statistical analyses			
		Mean	Median	SD	SK
Age	year	20.10	20.00	0.40	0.75
Hight	Cm	162.30	162.00	1.50	0.60
Wight	Kg	70.20	70.00	4.22	0.14
Physical Tests:					
Accuracy	degree	3.92	3.90	2.13	0.03
Strength	Kg	22.37	22.5	2.30	-0.17
Arm capacity	meter	4.10	4.00	0.50	0.60
Legs capacity	Cm	18.66	19.00	4.52	-0.23
Coordination	degree	4.08	4.00	0.56	0.43
Frontal flexibility	Cm	7.62	8.00	1.27	-0.90
Background flexibility	Cm	24.12	24.00	1.88	0.19
Skillful Tests:					
Set test	degree	12.55	12.6	2.12	-0.07
Spike test	degree	1.25	1.30	0.23	-0.65

Table (4) shows that the values of Skewness coefficients ranged from (+3, -3), indicating the moderated

distribution of the basic and exploratory sample.

Results

Table (5)
Significance of the mean differences between the pre- post
measurements of the research group in the level of Set, Spike tests
performance in volleyball

Parameters	Research group (distance learning method) N=50				Mean Differences	T value
	Pre		Post			
	M	SD±	M	SD±		
Set	12.54	2.11	22.30	5.21	9.76	14.57*
Spike	1.19	0.20	4.10	0.96	2.91	4.96*

T Table value at a significant level (49, 0.05) = 1.68 (one direction)

Table (5) shows statistically significant differences between Pre-Post measurements of the research group at a significant level of 0.05.

Discussion

The results of Table (5) show that there are statistically significant differences between pre and post mean values of this research group in skillful performance of Set, Spike skills at a significant level (0.05) for the post measurement.

These results indicate that the distance learning method via the website was a positive effect on the skillful level under research (Set, Spike skills). This indicates that the distance learning method led to the correct perception of how to perform skills under

research. The images, drawings, texts and videos were attached to the website was a positive result on the level of skillful performance.

Also, The researcher attributed the reason for these differences to the experimental variable only, which is represented in the distance learning method via the website. The researcher also attributes the progress made to the research group to clarifying the performance of the skillful (Set, Spike skills) through The educational videos on the internet. Thus, the higher level of skillful performance for the research group.

The previous results is consistent with many studies which was indicated that use of the Internet in the educational process shows an improvement

and effectiveness in the learning process and the higher level of skillful performance in general, such as the study of (Talha 2011)[40], (Ahmed 2011) [6], (Rania 2008) [34], (Rasha 2007) [35], (Mar Pérez et al. 2015) [22] and (Koen et al. 2015) [18].

Accordingly, The distance learning method contribute in a positive way in improving skillful performance, and active learning using technology through the internet contributes positively to enhance skillful and physical variables under research.

On the other hand, The researcher attributes the progress of the experimental group to the interaction between the student and the learning through the Internet which the students controlled what they are subjected to and controlled the sequence of the presentation, time. As the internet help to learn according to the self-speed of each student, in addition to the formation of the optimal perception of the performance of skillful in how to implement the skills under research through the Internet. Thus, provide the student feedback,

which was helped to develop his movement perception. Therefore, the effectiveness of distance learning method via the website, This previous results is consistent with (Magdy 2003)[19], (Osman et al. 2006) [33], (Yaseen 2006) [42], (Yogesh 2004) [43], (Mohamed, Makarem, Hany, 2001) [29] and (Moustafa 2009) [32].

Accordingly, This proves that distance learning method via the Internet leads to higher level of learning and performance as a result of the practice of what has been explained and presented on the web. Thus, reflected in the level of students' performance.

Thus, A research hypothes is achieved, which stated that there are statistically significant differences between the pre-and post-measurements for the research group (distance learning method via the Internet) in the level of *skillful Performance* under research in favor to the post measurement.

Conclusions

Distance learning method via the Internet has effective on the skillful performance level under research in volleyball for

female students of physical education faculty.

Recommendations

- Encouraging the using distance learning method via the Internet because of its positive effect in raising the level of skillful performance in volleyball.

- Introducing learning through the internet within the curricula of the scientific subjects in the faculties of physical education.

- Conducting further studies on the effectiveness of distance learning method through the Internet in other cognitive and skillful aspects.

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