Impact of Distance Education on Some Aspects of Skills in Football

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Abstract: The Research aims at identifying the differences between pre and post test in some aspects of skill in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - the ball hit the head of "steadiness, of movement) and identifying the differences between the percentage rates of change between pre and post test of the research sample in some aspects of skill in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - hit the ball the head of "steadiness, movement). The researchers used the experimental method experimental design with one experimental group and pre and post tests because this suits the nature of search. Research sample was selected from students of the Faculty of Physical Education and Sports, King Saud University during the first semester of the year 2009/2010, totaling 40 students were selected, 20 students were randomly selected (50.00%) to conduct the basic study and the remaining 20 shared in the reconnaissance study. Results showed that distance education by using educational CD has a positive impact on the performance level of skill in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - the ball hit the head of "steadiness, of movement). The percentage of improvement between pre and post tests of the research sample in the level of performance skills in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - hit the ball the head of "steadiness, of movement) ranged between 34.15 and 92.83% for the telemetric. The researchers concluded using of educational CD by the schedule of football, Faculty of Physical Education and Sport at the University of King Saud; performing similar scientific researches for the application of educational CD in the other courses to emphasize the search results and doing similar researches using other means of distance education courses other than what was used in the study.

Key words: Distance Education • Football

INTRODUCTION

In light of rapid technological changes and shifts in market conditions, the educational system faces a challenge regarding the need to provide additional educational opportunities, without the need to raise additional budgets. Therefore, many educational institutions have begun to face this challenge by developing distance education programs and is distance education initially when the fading away of natural between the teacher and the student / students, through an educational process, where the use of technology such as audio, image and sound, information and printed materials, in addition to the communication process that may take place face to face, to fill the gap in the field of guidance instructions and provide distance learning programs another chance for university education, or related to those less fortunate both in terms of lack of time or distance or physical disability, except that that these programs contribute to raising the level of the knowledge base of workers who are at the site of their work [1].

And where education is based on the distance requirement of the simultaneous presence of the learner with the teacher in the same location, thus both the teacher and the learner lose experience of dealing directly with the other party. Hence the necessity that exists between the teacher and the learner and the mediator is an appropriate educational means, including CD [2, 3].

And where the preparation of students in the decision of football in Faculty of Physical Education at the University of King Saud is an important requirement for achieving the monograph of the college through the
development of skills in football and through the work of the researchers, Department of Curriculum and Instruction and the resurrection of teaching decision of football, which is taught in the traditional manner in education, making the benefit of the student is limited to a certain extent, due to the increasing number of students and the limited time allowed to the educational process, so the researchers suggest the use of technology in education and the preparation of CD learning skills in football as a personal reference for students, in turn, may contribute to the increase the positive impact of teaching soccer skills in students.

**Research Objectives:**

- Identify the differences between pre and post test in some aspects of skill in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - the ball hit the head of "steadiness, of movement).  
- Identify the differences between the percentage rates of change between pre and post test of the research sample in some aspects of skill in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - hit the ball the head of "steadiness, movement).  

**Hypotheses:**

- There are significant differences between pre and post test of the research sample in some aspects of skill in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - hit the ball the head of "steadiness, of movement) for the benefit of telemetric.
- There are differences between the percentage rates of change between pre and post test of the research sample in some aspects of skill in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - hit the ball by the head of steadiness or of movement) for the telemetric.

**MATERIALS AND METHODS**

**Research Methodology:** The researchers used the experimental method experimental design with one experimental group and pre and post tests because this suits the nature of search.

**Society and the Research Sample:** Research sample was selected from students of the Faculty of Physical Education and Sports, King Saud University during the first semester of the year 2009/2010, totaling 40 students were selected, 20 students were randomly selected (50.00%) to conduct the basic study and the remaining 20 shared in the reconnaissance study.

**Data Collection Tools:**

**The Researchers Used the Following Tools, Devices and Tests:**

First: the Tests for Growth Rates:

**Age:** The reference to the date of birth certificate to the nearest year.

**Height:** Ristameter device was used to the nearest cm.

**Weight:** The medical use of balance to the nearest kg

**Intelligence test by Ahmed Zaki Saleh [4].**

**Skill Tests:**

- Test the skill of kicking a soccer ball slowed.
- Test the skill of kicking a soccer ball at large.
- Test the skill of running the ball particularly the internal foot.
- Test the skill of running with the ball generally foot outside.
- Test the skill of hitting the ball head of consistency.
- Test the skill of hitting the ball head of the movement [5].

**Homogeneity of the Sample:** Homogeneity was carried in the variables age, height, weight, intelligence and variables skills (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - hit the ball the head of "steadiness, of movement) on the research sample (20 students). Skew of the variables of age, height, weight, intelligence, skill variables ranged between - 0.80 and 1.20 and these values are limited between ± 3 and under the equinoctial curve which shows the homogeneity of the sample.

**Scientific Transactions:**

**Honesty:** The researchers used the sincerity of differentiation in comparable terminal manner (two quarters, the lower and upper) on the sample (20 students) from outside the original search sample and the research
community on 09/22/2009 and set the quarter the lower and upper and a comparison between the two quarters using the T test and it seems that there are significant differences between the lowest and highest two quarters, which shows the sincerity of the skill tests.

**Stability:** The researchers used the method of test application and then re-applied the test. Retest the application of tests has been done the first time on 22/9/2009 and then re-applied again on the same sample in 25/09/2009 at interval of three days between the two applications on a sample of 20 students from outside the original search sample and the research community to calculate correlation coefficients indicating that the stability tests suit the skill under study and found a correlation calculated function between the two applications, the first and second tests of skill under discussion, limited to correlation coefficients between 0.77 and 0.83. All statistical significant were at the level of 0.05, indicating the high stability of these variables.

**The Baseline Study:**

**The Basic Objective of the Study:** The study aims to identify the fundamental impact of distance education through the use of CD proposed educational technology to learn some football skills (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - the ball hit the head of "steadiness, of movement) to the students of the Faculty of Physical Education and Sport at the University of King Saud.

**Proposing CDs:** CDs have been prepared as an educational computer technology of education for some football skills to students is the main hub, which revolves around the current research. Researchers have produced educational proposed CDs using a software ready application, a Microsoft Power Point 2000 and Office 2000 and included the steps for setting CD teaching the following stages:

- Determine the overall objective of the educational CD:
- The formulation of objectives in the form of behavior
- Set public perception of the educational CD.
- Determine the content of educational CD.
- Educational CD production stages:

**Design:**

- The scientific basis
- The foundation of education
- Technical basis

In the light of modern theories of teaching and learning, the Researchers to observe some of the criteria for a set of competencies for the various educational CD during the design process as follows:

* Efficiency educational educational CD:
* Technical efficiency of the educational CD:
B - Preparation
C - Scenario
D - Executing
E - Development

**Tribal Measurement:** Measurement has been made to tribal sample in the period from 28 / 9 to 9/29/2009 for the tests the skills of football under discussion.

**The Application of the Experience:** The Researchers distributed CD educational manner hypermedia in the lecture at the first half of the first semester of the academic year 2009/2010 to be used in education and implementation of soccer skills under discussion and that in the period from 1 / 10 to 12/10/2009.

**Dimensional Measurement:** Dimensional measurement was made of the research sample in the period from 11/12 to 13/12/2009 for the tests the skills of football under discussion.

**RESULTS AND DISCUSSION**

Is clear from Table 1 the existence of statistical significant differences between pre and post test of the research sample in some football skills for the benefit of telemetric, due Researchers these results to the positive impact of distance learning by CD education to improve the performance level of skill in football (kicking the ball "Overall the foot, slowed foot" - running the ball particularly football, "the outside, the internal" - the ball hit the head of "steadiness, of movement) results of this study are consistent with the results of the study of Abd El Aty [5] as he emphasized the importance of teaching and training on the use of networks within Faculty of Education and the need to vocational preparation in the light of innovations to specialist technology, education and information in the
Table 1: Significant differences between pre and post test of the research sample in some football skills. N = 20

<table>
<thead>
<tr>
<th>Test</th>
<th>Measurement tribal</th>
<th>Telemetric</th>
<th>Differences</th>
<th>Value (T)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kicking a soccer ball slowed</td>
<td>21.70</td>
<td>29.11</td>
<td>7.41</td>
<td>9.88*</td>
</tr>
<tr>
<td>Kicking a soccer ball generally.</td>
<td>21.50</td>
<td>38.41</td>
<td>16.91</td>
<td>19.22*</td>
</tr>
<tr>
<td>Running the ball particularly the internal foot</td>
<td>28.20</td>
<td>17.11</td>
<td>11.09</td>
<td>20.54*</td>
</tr>
<tr>
<td>Running the ball generally foot outside</td>
<td>28.70</td>
<td>16.63</td>
<td>12.07</td>
<td>25.68*</td>
</tr>
<tr>
<td>Hit the ball head of the Stability.</td>
<td>9.10</td>
<td>17.80</td>
<td>8.70</td>
<td>20.71*</td>
</tr>
<tr>
<td>Hit the ball head of the movement</td>
<td>10.32</td>
<td>19.90</td>
<td>9.58</td>
<td>20.38*</td>
</tr>
</tbody>
</table>

* Value t indexed at the level of significance = 0.05 2.008

Table 2: Differences between the differences between the rates of change between pre and post test in some football skills

<table>
<thead>
<tr>
<th>Test</th>
<th>Measurement tribal</th>
<th>Telemetric</th>
<th>Differences in the percentage of improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kicking a soccer ball slowed</td>
<td>21.70</td>
<td>29.11</td>
<td>34.15%</td>
</tr>
<tr>
<td>Kicking a soccer ball generally.</td>
<td>21.50</td>
<td>38.41</td>
<td>78.65%</td>
</tr>
<tr>
<td>Running the ball particularly the internal foot</td>
<td>28.20</td>
<td>17.11</td>
<td>39.33%</td>
</tr>
<tr>
<td>Running the ball generally foot outside</td>
<td>28.70</td>
<td>16.63</td>
<td>42.58%</td>
</tr>
<tr>
<td>Hit the ball head of the Stability.</td>
<td>9.10</td>
<td>17.80</td>
<td>95.60%</td>
</tr>
<tr>
<td>Hit the ball head of the movement</td>
<td>10.32</td>
<td>19.90</td>
<td>82.83%</td>
</tr>
</tbody>
</table>

field of internet and the use of networks in general and teaching computer, in particular. Also, results of this study agree with the results of previous study [6] which concluded that the most important results to adjust the concept proposal and elicit feedback on the objectives of the Centre and to identify the proposed programs and information delivery systems and the proposed team and responsibilities. Consistent results of this study with the results of prior study [7] and the most important results of this study were that developing learning environment and way of lecture in university where will create learning environment of an electronic components: the teacher, learner and the crew of technical support, basic infrastructure, hardware service station, the work of teachers, a workstation learner and use of the Internet. There are significant differences at the level of 0.05 between the mean change in the attitudes of students towards learning through the internet among the group that used the system to provide courses through the internet and the group that used the study courses for the benefit of the group that used the system [7]. Results of this study agree with the results of the study of Ghada Abdel-Aziz [8] which emphasized the importance of using computer software education in training students of technology education on the use of technological innovations and thus the elements of interest in building the program from the voice and image and colors.

Also, Al-Baghdadi [9] indicates that the teaching methods, especially those depending on technology give and develop the new taught skills and refine other skills, where the teacher teach part of the lesson with videotape and then see for himself and analyze what was with the router, which oversees the training, to help eliminate errors and make it bold and self-confidence.

Table 2 shows percentage rates of change between pre and post tests of the research sample in the level of performance skills in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - hit the ball the head of "steadiness, movement) which ranged between 34.15 and 92.83% for the telemetric. This is because the researchers to use these results to the research sample of distance learning by CD and method of instruction and feedback, which contain the CD and in tests of reference for each one of the lessons found and confirmed by Tnanwi [10]. The results of this study agree with the results of previous studies [3, 11].

CONCLUSION

- Distance education by using educational CD has a positive impact on the performance level of skill in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - the ball hit the head of "steadiness, of movement).
The percentage of improvement between pre and post tests of the research sample in the level of performance skills in football (kicking the ball, "particular foot, slowed foot" - running the ball particularly football, "the outside, the internal" - hit the ball the head of "steadiness, of movement) ranged between 34.15 and 92.83% for the telemetric.

**Recommendations**

- The use of educational CD by the schedule of football, Faculty of Physical Education and Sport at the University of King Saud.
- Performing similar scientific researches for the application of educational CD in the other courses to emphasize the search results.
- Doing similar researches using other means of distance education courses other than what was used in the study.

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