



The Effect of the Method of Analyzing the Mistake and its Knowledge in Learning the Lifting of Kidnapping among the Students of the Faculty of Physical Education and Sports Sciences by Weightlifting

Hussain Ali, Nazar Ashraf, Noor Dheyaa, Abdulwahd lazem, Ali Hashim, Isam Kadhim, Saif Saad,

Al-Turath University College

1. Introduction:

In the light of the great scientific and cognitive progress in various fields of life, where information has become widespread at the hour of its birth, and the expansion of the field for everyone with a bright idea and a sound opinion through the Internet to be the subject of research in an international seminar in this scene, all teachers, teachers and professors in universities must benefit from this reality to advance the educational process at various levels of their educational institutions, At the forefront of the field of physical education and sports to improve the level of physical education lesson starting from kindergarten and ending at the university level (our research stage), especially in the field of the impact of error analysis and knowledge in learning the elevation of kidnapping to work on involving the learner and highlighting his positive role and thus increase the motivation of the learner, including error analysis

The analysis is based on placing the class in miniature functional units, and in order to achieve an effective development in learning situations, the student must work by referring to the professor to gain experiences through his wrong analysis and knowledge and the implementation of educational duties, in expressing his opinions and ideas in the implementation of duties in learning to lift the kidnapping.

The sport of weightlifting has a distinguished place among the games, which has taken its distinction in terms of its spread in the world and in terms of its achievements as in other games and is one of the basic lessons in the curriculum of physical education, which includes lifting kidnapping and nitrification, and learning the skill and the ability to perform it is a prerequisite to reach the basic goal of the educational process

And from what we've reviewed, lies

The importance of the research from the educational point of view has not been addressed and is (the elevation of kidnapping) which is characterized by the freedom of action, thinking and creativity of the learner, which is the focus of the educational process through the analysis of the error and knowledge and know the extent to which the student benefits from this type of knowledge in learning the elevation of

kidnapping among the students of the Faculty of Physical Education and Sports Sciences - University of Baghdad

1.1 The problem of research by informing the researcher of the lesson of weightlifting being one of the practitioners of the game previously noticed that the method in learning the lifting of kidnapping is the adopted and traditional method so there are several different methods used in the process of students learning different skills aimed at reaching the best results and one of these methods that the researcher wants to address is the method of analyzing the error and his knowledge in learning the lifting of kidnapping, Through the researcher's observation of physical education lessons for weightlifting and the researcher's knowledge of the method of teaching kidnapping lifting, and because this lift has a fundamental role in the sport of weightlifting, and because performing it in the style of analyzing the error and knowing it may lead to increased self-confidence and the exercise of the role of leadership and increase motivation when performing. Thus, we reduce the problem to the following question:

Q: Does error analysis and knowledge lead to a positive increase in the learning process?

1.2 The objectives of the research are to develop an educational curriculum using error analysis and knowledge, to identify the impact of error analysis and knowledge in learning the elevation of kidnapping.

1.3 Research hypotheses The existence of statistically significant differences between the pre- and post-tests of the two research groups in the performance of the effectiveness of the kidnapping lift and in favor of the post-test.

1.4 Areas of research Human field: students of the first stage Faculty of Physical Education and Sports Sciences - University of Baghdad

. **Time Zone:** For the period from 1/2/2022 to 1/5/2022

For the field of spatial: Weightlifting Hall, College of Physical Education and Sports Sciences, University of Baghdad

2- Theoretical and similar studies :

2.1 Theoretical Studies :

Special exercises

There are many opinions about the concept of exercise because of the multiplicity of its purposes, exercise means learning and that each learning has the goal of rapid progress in terms of physical, mental and increased motor and technical learning of the human being, every work done by man must have a goal and in order to achieve it must choose the appropriate means, and this is achieved only through the exercise to perform the same effectiveness , through

which we can develop the abilities. Special exercises, represented by physical and motor abilities, special exercises are organized and purposeful movements through which you get the development of physical, motor and skill abilities in the field of Riyadh J, through the above we can say that special exercises are a training educational method to apply the skill taught and training on it, scientists have differed in the definition of special exercises each according to his point of view, Mark Rippetoe has seen that "that Special exercises are an interrelated group within the training unit B the training curriculum and the total exercises. The training unit and exercise are also a performance known time and repetition and development occurs only through the exercise of performance which leads to the physical development and skill of the player" 1 and also defined (Cedric X 2010) as "is a phrase of Multiple performance-specific exercises performed by the individual in a regular sequence of difficulty in order to acquire the physical aspects and skills "2 The exercise is a physical practice that has various objectives such as: skill, physical, recreational and therapeutic goals with a special form of time, intensity and appropriate repetition through its association with the methods and methods of training and learning and in a way that serves the desired goal, so we call it special exercises, where we find the type of sports activity practiced by the individual that aims to achieve the highest levels is Which determines the type of physical and skill components necessary for sports activity, as there is a close link between the development of physical components and the development of motor skills, special physical exercises are more difficult exercises than general physical exercises, not specific to a particular performance. The correct scientific method must be followed in the development of exercises and the way they are practiced in terms of intensity, size, comfort or repetition of performance according to the requirements of the exercises, and all this is done based on the objectives set for the educational and training units, all The movements performed by the individual during sports activity are necessary to be based on a certain goal, and to achieve the desired goals of physical and sports activity so we resort to the use of exercises that develop physical, motor and skill abilities.

2.1.1 Concept of error analysis method

The mechanism of the method of analyzing and correcting the error in order to be able and this depends on the diagnosis of the mistake in which the learner falls through the imaging of the performance of each member of the experimental group and then the diagnosis of errors when performing the learner and then the learner is then directed individually towards the treatment of the mistake and this is through exercises or paths prepared in advance for this, as the nature of learning in order to be able to determine the level of mastery of the skill to be corrected according to a test according to which it is decided to determine the determination of the Students who are able to be unable, which was determined by presenting the corrective program to a number of specialists in motor learning and weightlifting, where more than 90% of the total experts agreed on a score of 70% as a test of mastery of the skills under research.

1- Mark Rippetoe ; starting strength : (USA, Wichita Fall, texas, 2005) p189.

2- Cedric X ; ACE Personal Trainer Manual : (USA, American Council on Exercise, 2010) p455.

Evaluation of the level of skill performance

The evaluation of mathematical skills by calculating points is one of the important methods that depend on watching or using photography through film, and thus the researcher used to evaluate the level of skill performance of the research sample by three arbitrators with experience and competence and holders of the arbitration certificate in the game of weightlifting, and the researcher did not inform the evaluators about the strategy and method used by students in the implementation of the process of correcting the skill of lifting the kidnapping to ensure that they are not biased to any of the two groups, A grade was extracted for each student based on the evaluation form.

The concept of sensation :-

Sensation is defined as "the psychological effect that arises directly from the stimulation of a sense or sensitive organ and the effect of the sensory center in the brain such as the sensation of heat, cold and pressure" When an alarm clock falls on one of the sensory organs or a group of sensory organs, the effect of this stimulus is transmitted through special nerves to a nerve center in the brain and in this center these stimuli translate into simple emotional states known as sensation and on this basis sensation "is the psychological effect and the feeling of an alarm coming from an allergy or from an organ Sense" .³⁴

While (Abdul Sattar 2000) sees sensation (as the psychological process of reflection of individual characteristics external objects as well as internal states of the individual that arise due to the direct influence of physical influences on the organs of the senses and conformity"⁵

That's why we feel that things and the nature of their surface (smooth or rough) as well as muscle tension in the case of various movements and the state of internal organs as in the case of pain

It is also defined as "those changes in the central nervous system that result from the excitation of a receptor by a stimulus."⁶

¹- Qasim Hassan Hussein and Fathi Al-Mahmashsh Youssef; Talented Athlete , (Osman, Dar Al-Fikr for Printing, Publishing and Distribution, 1999, p. 188

²- Nizar Taleb and Kamel Alois; Sports Psychology , (Baghdad Dar Al-Hikma for Printing and Publishing, 1993).

³- Abdul Sattar Jabbar Al-Bandamaad; The Phology of Mental Processes in Sport , 1st Floor, Amman, Dar Al Fikr for Printing, Publishing and Distribution , (2000), p. 22

⁴- Shafiq Falah Hassan Fundamentals of Phase Psychology , vol. 1 (Lebanon, Dar al-Jabal 1989), p. 137.

The Program

For the purpose of applying the experiment, it requires the preparation of educational units for the two research groups represented by an educational unit per week and according to the sample schedule for each group and each according to his strategy, as the researcher reviewed the sources, references and previous studies related to and refer to the opinions of experts and specialists in the field of motor learning. In light of this, the researcher was able to prepare the method of analyzing the error, which obtained a percentage of agreement of more than (80%) after benefiting from some amendments and observations made by some experts and specialists.

2- The researcher's approach and field procedures

2.1 Research Methodology: The researcher used the experimental approach in order to suit the research and the nature of the problem

2.2 Research community and its sample: The research community consisted of the students of the first stage of the Faculty of Physical Education and Sports Sciences / University of Baghdad for the academic year (2021 AD – 2022 AD) numbering (240) students distributed among five divisions (A, B, C, D, E) after which the researcher randomly selected the two divisions (A and B) to represent the research and then the selection was made by lot Division (A) to be the control group and Division (B) to be the group Experimental, and for the purpose of equity of the sample, students who failed and deferred and who practice weightlifting in clubs were excluded, thus making the research sample (30) students by (15) students per division and table No. (1) shows the research sample.

Table (1)

Shows the number of members of the research sample and the method used

Division	The Collection	Total Number	Excluded	Number of members of the final sample	Method
in	Experimental	23	8	15	Error analysis
A	The officer	27	12	15	Method
Total	-	50	20	30	-

2.3 Parity of the research sample

- 1- Parity was made in some research variables that affect the results of the experiment and these variables include:
 - Chronological age as measured in month.
 - The length is measured in centimeters.
 - The mass is measured in kilograms.

Table (2)

Shows the arithmetic mean, standard deviation and value of (v) calculated for variables (age, height, mass, intelligence)

Features Statistics		Experimental Group		Control Group		value (v) Calculated	Value (v) Tabular	Result
Variables	unit scaling	Going to	on	Going to	on			
lifetime	Month	252,866	13,819	254,666	13,063	0,367	2,05	Insignificant
Length	poison	170,801	4,647	171,133	4,823	0,193		Insignificant
Mass	kg	68,686	5,273	67,667	5,022	0,527		Insignificant

The value of (T) tabular at the quasi-error of $\leq (0.05)$ and in front of the degree of freedom (28) – 2.05 of Table (2) shows that the differences were insignificant between the members of the two research groups in variables (age, height, mass) as the value of (T) calculated is smaller than the value of (T) tabular at the ratio of error $\leq (0.05)$ and in front of the degree of freedom (28), which indicates the equivalence of the two groups in those variables.

2.4 Devices, tools and means of collecting information used in research

2.4.1 Devices and tools used in research

- 1- Weightlifting Hall
- 2- Chinese-origin Dell type computer
- 3- Fujifilm type camera of Chinese origin
- 4- Chinese-origin educational lipsticks
- 5- Tablets of various weights of Chinese origin
- 6- Olympic Racing Drum Number (2) Chinese Origin
- 7- Data Show Device Number (1) Chinese Originator

2.4.2 Means of collecting information

- 1- Arabic and foreign sources and references.
- 2- Personal interviews.
- 3- Auxiliary Team.
- 4- Scientific observations.
- 5- International Internet Network.

2.5 Experimental Design : The researcher used experimental design called (random group design equivalent selection with pre- and post-testing).

Figure 3 illustrates the experimental design of the research.

auditions Groups	Pre-test	Independent variable	Post-test
Experimental	The skill of raising the kidnapping Under search	Error analysis method	The skill of raising the kidnapping Under search
The officer		Method	

Figure 3

Demonstrates the experimental design of the research

2.6 Programme

For the purpose of applying the experiment, it requires the preparation of educational units for the two research groups represented by an educational unit per week and according to the sample schedule for each group and each according to his strategy, as the researcher reviewed the sources, references and previous studies related to and refer to the opinions of experts and specialists in the field of motor learning. In light of this, the researcher was able to prepare the method of analyzing the error, which obtained a percentage of agreement more than (80%) after benefiting from some amendments and observations made by some experts and specialists.

2.7 Exploratory experience

The researcher conducted a survey experiment before the implementation of the main experiment on a sample of the research community and outside the scope of the main sample of (12) students on 28/1/2022 on Friday in order to identify the negatives and positives faced during the conduct of the main experiment (which is a mini-experiment for the main experiment) in which the same conditions and conditions must be met in which the main experiment is, The aim of the exploratory experiment was:

- 1- Ensure the validity of the prepared error analysis method.

- 2- Identify the teacher's ability to apply the error analysis method.
- 3- Identify the extent to which students respond to the implementation of the contents of the prepared error analysis method.
- 4- Avoid mistakes that can occur during the application of the experiment.
- 5- Ensure the validity of devices and tools.
- 6- Identify the obstacles encountered by the researcher.
- 7- Give a clear picture to the teacher of the subject to implement the method of analyzing the error in the way in which the students are taught according to the strategy of education

2.8 Pre-test

Before starting the implementation of the main experiment, the researcher through the assistant team gave two introductory lectures to the research sample about the skill under research and then applied the tribal tests of the two research groups on Tuesday, 1/2/2022AD in order to identify the level of skill performance of each student, and the test was conducted on the weightlifting hall in the College of Physical Education and Sports Sciences / University of Baghdad , where it was explained how to carry out the test and its instructions if the test was carried out for the skill of lifting the kidnapping (under research)

To evaluate the level of performance, a number of experts were hired * from the competent and holders of arbitration certificates who evaluated the level of skill performance of the kidnapping movement of each of the students of the sample as well as the arbitral tribunal consisting of three referees.

As for the method of arbitration, it was to give a score to each student by giving the student three attempts and taking the best and best attempt by giving the grade.

2.9 Mechanism for Implementing the Error Analysis Method

(12) educational units were implemented to show their impact on the level of performance and the learning curve in the performance of the skill of kidnapping lift.

The beginning of the experiment was on (1/2/2022) and until (1/5/2022) the equivalent of (6) weeks where the corrective units were given by a corrective unit every week and for each group as the educational units of the two research groups were similar in the preparatory section represented on (introduction, general and private warm-up, educational activity and the final (final) section, while the difference was only in the applied activity as the research sample (experimental group) represented by Division (B) learning according to the mechanism of error analysis method And correct it in order to be able and this depends on the diagnosis of the mistake in which the learner falls by photographing the performance of each member of the experimental group and then doing the diagnosis of errors when performing the learner and then the learner is directed individually towards addressing the mistake and this is through exercises or paths prepared in advance for

this, as the nature of learning in order to be able to determine the level of mastery of the skill to be corrected according to a test according to which it is decided to identify the students who are capable when not Masters, which was determined through the presentation of the corrective program to a number of specialists in motor learning and weightlifting, where more than 90% of the total experts were obtained agreement on a score of 70% as a test of mastery of the skills under research.

Therefore, the researcher adopted this degree as a test of mastery, after the students perform the general warm-up and then the private and the teacher explains the skill and presents it to the students through the assistant team, the researcher displayed video images and a live model of the experimental group, where through this the errors accompanying the learning process are corrected and that was through the presentation of video clips on the wall of the hall

Thus there was a continuous observation on the experimental group with the learning process for the purpose of identifying the correct learning of the skill under research and to be explained and performed by the teacher of the subject.

From the correction of the skill, the selection of mastery is made for each student individually in order to identify the students who are able to be unable.

The time of the applied activity only in which the error is analyzed represented by the projector (CD) of one of the heroes of Iraq, the students watch the performance of the player through the projector (Dachu) and the comment and explanation by the teacher and the assistant team (the subject of the corrective unit) through the slow display and stop the image of each section of the movement (preparatory, main, final) that the teacher shows to students with the giving of therapeutic programs and the statement of common mistakes after which students are given an opportunity to practice the application correctly and follow up the team Auxiliary work to master skill learning

2.9.2 Control Group

The members of this group, represented by Division A, practice exercises to help learn the skill of kidnapping elevation according to the method followed.

2.10 Post-testing

After the completion of the implementation of the corrective program prepared, the researchers conducted the post-test of the two groups on the same day and on (1/5/2022) and followed the same procedures that they used in the pre-test and under almost the same spatial and temporal conditions, and a number of experienced and competent holders of arbitration certificates were used to evaluate the level of skill performance to raise the kidnapping for each student.

2.11 Evaluation of the level of skill performance

The evaluation of mathematical skills by calculating points is one of the important methods that depend on watching or using photography through film, and thus the researcher used to evaluate the level of skill performance of the research sample by three arbitrators with experience and competence and holders of the arbitration certificate in the game of weightlifting, and the researcher did not inform the evaluators about the strategy and method used by students in the implementation of the process of correcting the skill of lifting the kidnapping to ensure that they are not biased to any of the two groups, A grade was extracted for each student based on the evaluation form.

2.12 Statistical means

The following statistical means were used to process the data:

- 1- Arithmetic mean
- 2- Standard deviation
- 3- Test (C) of two related arithmetic mean and two arithmetic mean not related to the number, and the data was analyzed using the statistical analysis system (SPSS)

3.1 Presentation, analysis and discussion of the results:

(There are no statistical differences between the average scores of the two research groups in the level of performance of the skill of kidnapping elevation for students of the first stage)

To verify the validity of this hypothesis, test (T) was used to identify the statistical differences between the average scores of the level of performance in the two tests (pre- and post) of the control group and Table (4) shows this.

Table (4)

Shows the medians, standard deviations, and the value of (v) calculated between the two tests (pre- and post) of the control group in the level of skill performance of the kidnapping elevation.

Features Statistics Variables	Unit of Measurement	Pre-test		Post-test		Tabular value (v)	Calculated value (v)
		Going to	on	Going to	on		
Level of skill performance	degree	4.473	0.683	6.593	1.655	2.14	5.585

If the tabular value (v) in front of the degree of freedom (14) and the error ratio of $\leq 0.05=2.14$

Table (4) shows that there are statistically significant differences at the level of error $\leq (0.05)$ in the average scores of the skill level between the two tests (pre- and post) of the control group and it was in favor of the post-test because the calculated value of (T) is greater than the value of (T) tabular .

The T test was also used to identify the statistical differences in the average scores of the skill level between the two tests (pre- and post) of the experimental group and Table (5) shows this.

Table (5)

Shows the arithmetic media, standard deviations, and value of (v) calculated between the two tests (pre- and post) of the experimental group in the level of skill performance.

Features Statistics Variables	Unit of Measurement	Pre-test		Post-test		Tabular value (v)	Calculated value (v)
		Going to	on	Going to	on		
Level of skill performance	degree	4.596	0.780	6.100	1.646	2.14	13.384

If the tabular value (v) in front of the degree of freedom (14) and the error ratio of $\leq 0.05=2.14$

Table (5) shows that there are statistically significant differences at the level of error (0.05) in the average scores of the skill level between the two tests (pre- and post) of the experimental group and were in favor of the post-test because the calculated value of (T) is greater than the value of (T) tabular and results from tables (4) and (5) the existence of statistically significant differences in the average scores of the skill performance level of the control group between the two tests (pre- and post) and for the benefit of the post-test, There are also statistically significant differences in the average scores of the skill level of the experimental group between the two tests (pre- and post-test) and in favor of the post-test.

This finding is consistent with the results of previous studies. (Study of Tak and Fold 2001) and (Study of Spoils 2007)

This hypothesis was validated using test (T) to identify statistical differences in the average scores of the skill level showed the research groups (control and experimental) for the post-test and Table (6) shows this.

Table (6)

Shows the arithmetic medians and standard deviations (v) calculated for the skill level between the control and experimental groups in the post-test

Features Statistics Variables	Number	Unit of Measurement	Going to	on	Tabular value (v)	Calculated value (v)
Experimental	15	degree	8.100	0.646	2.05	3.283
The officer	15	degree	6.593	1.655		

If the tabular value (v) in front of the degree of freedom (28) and the error rate of $\leq 0.05=2.5$

Table (6) shows that there are statistically significant differences at the level of error (0.05) in the average scores of the skill level in the post-test between the control and experimental groups and for the benefit of the experimental group because the calculated value of (T) is greater than the value of (T) tabular .

Accordingly, the first hypothesis is rejected, and the second alternative hypothesis is accepted stating that "there are statistically significant differences between the average scores of the two research groups in the level of performance of the skill of kidnapping elevation for first-stage students."

This result is consistent with the results of previous studies (Naomi study, 2002) and (Al-Nuaimi study, 2007), and therefore it can be said that the use of the error analysis strategy, which leads to raising or increasing the level of skill performance in students more than the method followed, is due to the positive mutual interaction between the members of the group, where the student is active and involved in the learning process and not just the recipient of information from the teacher.

The end:

Where the researchers reached the following conclusions, the method of error analysis of the experimental group made a positive progress in the level of skill performance between the two tests (pre- and post) and for the benefit of the test

(posterior). The method of error analysis of the experimental group made a positive progress in the level of skill performance between the test (pre- and post) and for the benefit of the post-test. The method of error analysis of the experimental group made positive progress in the level of performance of my skills over the method followed by the control group in Post-testing and for the benefit of the experimental group. **As for their recommendations, it was preferable to use the method of error analysis in learning practical materials in general and weightlifting in particular. Some proposals were added, including** conducting studies similar to this research at different educational stages for all practical and theoretical generators, conducting similar studies in which other types of error analysis strategy are used and on MahaRaaf other than the elevation of kidnapping.

Arab and foreign sources:

- 1- Ahmed Abdullah Shehadeh, **The sport of weightlifting**, 1st Edition: (Amman, Arab Society for Publishing and Distribution, 2013), p. 206.
- 2- Tamas Ian and Lazar Baroca; **Weightlifting Fitness for All Sports**, 1st Edition: (Alexandria, Our Fulfillment House of Printing and Publishing, 2011) p. 1
- 3- 3- Diaa Hassan Al-Douri; Lecture delivered to graduate students, at the Faculty of Physical Education - Diyala University, 2003.
- 4- Wajih Mahjoub; **Scientific Research and its Methodology** : (Baghdad, Dar al-Kutub for Printing and Publishing, 2002), p. 106.
- 5- Khiyun expresses; **motor learning between principle and practice** , i.e. 1:(The Good Word, Baghdad, 2010) p. 117
- 6- <http://www.ahlalhdeth.com/vb/showthread.php?t=3454>

6 Qasim Hassan Hussein and Fathi Al-Mahmashish Yousef; **The Talented Athlete**, (Othman, Dar Al-Fikr for Printing, Publishing and Distribution, 1999, p. 188)

⁷ Nizar Talib and Kamel Alois; **Sports Psychology**, (Baghdad Dar Al-Hikma for Printing and Publishing, 1993).

⁸ Abdul Sattar Jabbar Al-Muddhamad, **The Physiology of Mental Processes in Sports**, vol. 1, (Amman, Dar al-Fikr for Printing, Publishing and Distribution, 2000), p. 22

⁹ Shafiq Falah Hassan, **Fundamentals of Phase Psychology**, vol. 1 (Lebanon, Dar al-Jabal 1989), p. 137