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The impact of a proposed training tutorial At the level of effectiveness of the long jump Experimental research On a sample of disabled people within the Special Olympics With a chronological age (14-16) years and a mental age (8) years

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Abstract:

It is noticeable that the sport of people with mental disabilities has taken a different direction than the sport of play and recreational and rehabilitation sports that were previously practiced for the recreation of this segment in order to strengthen and enhance the psychological aspect they have like their healthy peers.

The importance of research lies in the use of optimal methods to teach the mentally handicapped in a way that ensures their learning effectively long jump and in a way that suits their physical and mental abilities.

1.1 Introduction and importance of research

Sports are witnessing a remarkable development in various sports events and at various levels in light of the scientific and technical development that contributed a lot to sports development.

Has tended the attention of those concerned with sports to pay attention to a certain segment of society was previously neglected, namely (sports for the disabled) and in general and recently, and recently focused attention to the sport of the mentally handicapped or the so-called people with special needs or (private)

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The importance of research lies in the use of optimal methods to teach the mentally handicapped in a way that ensures their learning effectively long jump and in a way that suits their physical and mental abilities.

1-2 **Research problem:**

Due to the fact that the researchers work in the field of education and training and because they are volunteers to work in the training of the disabled, especially mentally within the Iraqi Special Olympics program, and their knowledge of the lack of educational and training curricula for this segment of society, especially in athletics activities, especially the event of the long jump.

Therefore, the researchers saw the need to develop educational and training curricula to teach the mentally handicapped effectively long jump and scientifically studied and including

1-3 Research Objectives:

The research aims to:

- Develop a training curriculum to teach the effectiveness of the long jump for the mentally handicapped
- Development and development of some physical abilities for the effectiveness of the long jump.

1-4 Research Hypotheses:

- The existence of significant differences in the development of some physical abilities for the effectiveness of the long jump.
- The existence of significant differences between the pre- and post-measurements in the level of the long jump and in favor of the post-measurement.

1-5 Research Areas:

1.5.1 The human field: a sample of the mentally handicapped.

1.5.2 Time Range: Period from 24/2/2001 to 28/4/2001

1-5-3 Spatial area: playgrounds of the College of Physical Education - University of Baghdad

2- Theoretical studies:

2.1 Mentally handicapped persons (special)

They are people with mental disabilities who have shown a low rate of learning and simple understanding, and they are those who scored less than (80 points) in the unified intelligence test [1]

Most of the mentally handicapped are not distinguished from their normal peers, they only suffer from difficulties in carrying out daily living chores, as well as in the ability to understand the actions of others and thus in determining their own reactions in society.

The mentally handicapped are divided into three forms [2]:

1- People with severe disabilities, who need permanent care and follow-up and often live in isolation from the rest of society.

2- People with moderate disabilities and live a normal life and often need help and they are a group capable of training on some of the necessities of life (such as going to the bathroom, eating .... etc.)

3- People with simple disabilities and live almost normal lives, they are amenable to limited academic education and training and rarely need help, and

some of them marry and have children and may grow in certain aspects such as drawing and music, for example.

That mental disability may be caused by a defect that affects the development of the fetus or during birth or from the first years of the child's life, mental disability is a growth problem that occurs before maturity. One of the most common types of disability in terms of chromosomal abnormality is (Down symptoms carrier), which affects 1: 600 children in the world and results in moderate or severe mental retardation, according to the statistics of the Population Information Office (A.R.C) and the World Health Organization [3]

2.2 Sports for the mentally handicapped (Special Olympics)

It is a mini special Olympic program whose purpose is to work on the spread of various types of sports approved within the Special Olympics International for People with Mental Disabilities (special).

After the sport was a promotional and qualifying program for the category of the mentally handicapped and an attempt to reduce the psychological burden on them as a result of disability, it has now become, thanks to the Special Olympics programs, a competitive sport in its own right and works through special programs that suit the capabilities and capabilities of these (privates) and allow them to participate in training and competition with their peers of the mentally handicapped.

The Iraqi Special Olympics was formed on 17/1/2000 and began its program to form teams for mental disability in sports (athletics _ table tennis) and then expanded his work and formed sports teams for private individuals in (football, basketball, males and females, and tennis)

Thus, the players (privates) proved that the real disability when society or the state stands helpless in front of individuals who have been injured for some reason, does not provide them with the possibilities of continuing and living as normal people who have the right to life or give and help integrate them into society.[4]

3-2 Causes of mental disability:

The mental disability has many causes, including what is inherited and some as a result of an accident or infection with infections and from it for social reasons and some of it is not known its causes so far.

As the mental ability of each child depends on the degree of maturity of the central nervous system and on the nature and quality of his social life (social adaptation).

The causes of mental disability are either biological such as the presence of structural abnormalities in the brain or various metabolic imbalances or nervous system infection or lack of oxygen or mental disability may be due to early genetic abnormalities such as childbirth problems and postpartum damage or the presence of environmental and social reasons caused by deficiency resulting from parents' mental illnesses or because of family separation or economic difficulties. [5]

3- Research Methodology and Field Procedures

3.1 Research Methodology

The researchers used the experimental method to suit the research problem

3.2 Research sample

The research sample included (eight) students from the institutes of mental disability were randomly selected and with mental disabilities (mild)

3-3 Means and tools used in research:

1- Arab and foreign sources.

2- Personal interviews.

3- Terraces.

4- Rope **.**

5- Stopwatches.

6- Barriers of different height to jump.

7- Tape measure.

3-4 Exploratory Experience:

The exploratory experiment was conducted on 24/2/2001 on a sample of students of institutes other than the research sample in order to know the necessary time and appropriateness of the place and the number of people who will be part of the work team [(*)]

3-5 Pre-tests:

It was held on 28-29/2/2001

First day :

- Long jump test of stability
- Ran 30 m from flying mode

The second day:

- Measuring Achievement
- Performance Appraisal
  Two attempts were given to each student, the result of the best attempt was taken, and the rest was complete and sufficient between one test and another**.**

3-6 Training Curriculum:

The researchers prepared the educational curriculum training for the mentally handicapped and according to their physical and mental capabilities using in its preparation on the basis of teaching the activities of athletics, taking into account the specificity of the sample of induction and in the gradation of learning and fragmentation of movement into its simplest form when performing.

The researchers used the method of learning by working by moving the parts of the learner's body with their hands to deliver the kinetic information to him directly. The educational training curriculum took eight weeks and four educational training units during one week.

3-7 Post-tests:

The post-tests were conducted on 28_29/2/2001 and the same sequence of pre-tests and after the completion of the application of the proposed training educational curriculum, the researchers were keen to find the same opportunities in terms of time, place and sequence of tests.

3.8 Statistical methods :

The researchers used the following statistical methods[1)]

1- Arithmetic mean $=\frac{num\ of\ x}{n}$

2- Standard deviation: p =

$$\sqrt{\frac{\frac{(\ num\ of\ x\ )^2}{n}}{n-1} - num\ of\ x2}$$

3 – Test for symmetrical samples:

$T = \frac{V}{Vh}$

where $V = \frac{\text{num of v}}{n}$

$Vh = \sqrt{\frac{\text{num of v2} - \text{v}}{n(n-1)}}$

Part IV

4- Presentation and discussion of results:

4.1 Presentation, analysis and discussion of results:

The researchers presented and discussed the results of the pre- and post-tests and the level of achievement of the sample members in the light of the results obtained from the tests and as follows:

4.1.1 Presentation, analysis and discussion of the results of the long jump test of stability:

Table (1) presents the results of statistical treatments for the test (long jump of stability) for the pre- and post-tests, as the results showed the arithmetic mean that the value of the total differences (265) while the total differences (9625) and after the application of the test (T) for the differences was the calculated value (8.53), which is greater than the tabular value of (2.36) under the level of probability of error (5%) and degree of freedom (7).

Table(1)

Result	Tabular value (v)	Calculated value(T)	Num of v2	Num of v	audition
High morale	2.36	8.53	9625	265	Long jump of stability

This indicates that the members of the research sample have developed explosive power due to the educational and training situations that they were exposed to during the application of the curriculum, as this test represents the development in the use of explosive power in the stage of upgrading by hitting the advancement board.

The nature of the exercises used must have been consistent with the sample members and their limited abilities in the face of educational situations to learn the skill easily[6]

4.1.2 Presentation, analysis and discussion of the results of the 30 m running test:

Table (2) presents the results of the statistical fields of the test of running (30 m speed starting from the bird) where the total differences between the measurements before and after (20.32) while the square of the total differences (0.796) and after using the test (T) for differences the value of (T)

calculated (7.25), which is much greater than the tabular value of (2.36) under the degree of freedom (7) and the level of probability of error (5%) and thus was significant high.

Table (2)

Shows the values of the sum of the differences and the square of the sum of the differences and the calculated and tabular value (T) for the members of a sample of a search in the 30 m running test

Result	Tabular value (v)	Calculated value (T)	**Num of v2**	**Num of v**	**Testing**
High morale	2.36	7.25	0.796	2.23	Run 30m

Through the analysis and discussion of the above table, we noticed that there is a remarkable development in the speed characteristic represented by the results of the 30-meter speed test and thus the applied educational training curriculum has contributed effectively to the development of this characteristic, which means that there is compatibility between the muscular nerve system of the research sample was evident through the use of the method of learning by working to apply the paragraphs of the curriculum used and applied to the members of the research sample, because speed training has a great relationship with the adequacy of the neuromuscular system.[6]

4.1.3 Presentation, analysis and discussion of the results of the long jump test (achievement):

Table (3) presents the results of the long jump test (achievement), where the total differences for the pre- and post-measurements of the members of the research sample (7.12) while the total square differences (6.43) and after using the test (T) for differences, the calculated value of (T) appeared (21.19), which is much greater than the tabular value of (2.36) under the temperature (7) and the level of probability of error (5%)

Table (3)

Shows the sum of the differences and the square of the sum of the differences and the value (T) calculated and tabular for the test (completion of the long jump)

Result	Tabular value (v)	Calculated value(T)	Num of v2	Num of v	Testing

Very high morale	2.36	21.19	6.43	7.12	**Long Jump (Enjaz)**

The values presented in the table above show the development of achievement very significantly and this development in the achievement indicates the use of the sample for all that is available and helps to get the largest possible distance in the long jump, as the sample members used the appropriate speed in the approximate running and learned to rise and fly and land appropriately for the effectiveness of the long jump despite the mental disability, which is a major cause of the difficulties they encounter when learning any skill, Also, the jump distance must increase with the development of speed. As the speed factor is one of the most important factors that control the level in the long jump competition.

Note as presented in Table (4) that the results of the statistical treatments of the performance evaluation test have shown that the value of the total differences between the pre- and post-measurement was (30) while the total square of the differences was (113.5) and after applying the test (T) for the differences the value of (T) calculated (37.5), which is a very high value compared to the tabular value of (2.36) under the degree of freedom (7?) and the level of probability of error (5%).

Table (4)

Shows the sum of the differences and the square of the sum of the differences and the value (T) calculated and tabular for the members of the research sample to test the performance evaluation of the effectiveness of the long jump

Result	Tabular value(v)	Calculated value (T)	Num of v2	Num of v	Testing
High morale	2.36	37.5	113.50	3	Performance evaluation for the effectiveness of the long jump

After discussing Table (4), we note that the results of performance evaluation are very high and in favor of the dimensional measurement because of the new results (performance) obtained by the members of the research sample.

Through the evaluation of experts for their performance, this means that the research sample has developed their harmonic ability to link the partsof the skill with its fluidity when performing, which was the focus [to] evaluate the performance as the result of performance depends on the interdependence between the technical stages of performance.7,8s

Thus, the researchers have achieved an achievement in teaching this category in the disabled to perform the effectiveness of the long jump, which makes the researchers happy because they provided joy and smile to the research sample and their families and the Special Olympics program supervising the sport of people with mental disabilities.

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5. **Conclusion and recommendations**

5.2 Conclusions:

In the light of statistical treatments, the researchers concluded the following:

1- The existence of significant differences between the pre- and post-tests in each of the two tests (long jump of stability and running 30 m)

2- The existence of high significant differences between the level of achievement of the long jump and in favor of the dimensional measurement

3- The existence of high significant differences between the level of technical performance of the effectiveness of the long jump and in favor of the dimensional measurement.

5.2 Recommendations:

In light of the conclusions reached by the researchers, they recommend the following

1- The necessity of circulating the training curriculum to teachers and trainers specialized in teaching and training sports for the mentally handicapped in their centers in Baghdad

2- The need to establish special competitions for this category of disabled people in society

3- Conducting more research and studies on other athletics events

4- Preparing educational training curricula in sports events

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