

Professional development of teaching physical education and sport sciences in light of the COVID-19 crisis and during the healthy quarantine

¹Lect. Dr. Huda Mohammed Suleiman

Abstract

The aim of the research is to prepare a measure of professional development for the teaching of the College of Physical Education and Sports Sciences - University of Baghdad during the period of healthy block, as well as to identify the nature of professional development of the teaching staff, and to identify the differences between the areas of professional development, and the descriptive approach was used in the survey method and case study, The research community, represented by the teaching of the College of Physical Education and Sports Sciences - University of Baghdad, totaling (179) teaching staff, while the application sample was (79) teaching, and the researcher used the questionnaire, tests and measurement as measurement tools, and the professional development measure was prepared, which consisted of four areas, namely (Knowledge and cultural, scientific production, information and communication technology, training courses and workshops), and the scale paragraphs reached (36) statements distributed over the four areas, with alternatives to an answer according to a five-point scale, which is (strongly agree, agree, neutral, disagree, strongly disagree), An exploratory experiment of the scale was conducted on a sample of (20) teachers from the research community, and the most important results of the research indicated that the members of the research sample had good grades in the professional development scale, as well as the existence of significant differences between the fields of development. Professionally teaching teachers of the College of Physical Education and Sports Sciences - University of Baghdad during the period of healthy block, and one of the most important recommendations is to emphasize the importance of professional development for teaching physical education and sports science because of its importance in raising their academic level, as well as the need to encourage them to regularly participate in In scientific lectures and workshops because of the many positives they carry.

Key words: COVID-19 crisis, professional development, physical education, health block.

1-Introduction:

Professional development is the cornerstone of development through which knowledge of the level of those who work in educational institutions and who need continuous development, especially in the era of changing information technology that has created renewable educational environments, and this requires education of a new type, which accommodates information technology that has become part of social life, It provides the teaching staff with a critical and conscious mind that is able to deal with and benefit from information systems, and qualify them for university life.

University education is one of the most important levels of learning and education in countries. The persons involved in the education process must have a high level of teaching competencies and the highest level of professional development required within education, especially if the university teaching work is associated with the quality of outstanding performance through the use of some global methods and strategies for the quality of matter. What is happening is a quantitative and qualitative development in the capacity and professionalism of teaching staff within the university or college. The professional development of a faculty member means the efforts made by the university or other professional institutions to develop a faculty member professionally in a way that enables it to achieve the university's basic functions, namely: teaching, scientific research, And community service.

Hence the importance of the current research in knowing the nature of professional development for female and male physical education and sports sciences teachers in light of the Corona crisis and quarantine, and what is the role of this crisis in their professional development.

1-2 Research Problem:

That the dissemination of higher education and the promotion of its quality is a decisive, effective and major role in the revival of society, especially in the context of the information age and globalization, and that any attempt to raise the university level must pass through basic pillars, the most important of which is the faculty member, as the teaching staff in universities is the backbone of the educational process and they are the ones who They conduct development research

¹Civil Engineering / University of Technology / Student Activities.
huda.badran1970@gmail.com

and bear the burden of teaching, from preparing, planning and implementing programs for the future generation that serves society and education, and the interest in the professional development of university teachers has emerged due to the multitude of jobs in the modern university, the diversity of the tasks of the lecturers, the spread of contemporary global challenges and the increase in the demand for education and professional problems. The university education faces, including these challenges is the Corona pandemic that led to the healthy attendance of these teachers, and since professional development is an educational necessity because it is the catalyst for the faculty member, so the research problem focused on the following question, What is the role of the Corona pandemic on the professional development of education teachers Physical science and sport during a healthy block period?

1-3 Research Objectives:

- 1- Preparing a scale for the professional development of teachers of the College of Physical Education and Sports Sciences - University of Baghdad during the healthy block period.
- 2- Identifying the level of professional development for teaching physical education and sports sciences - University of Baghdad during the healthy block period.
- 3- Identifying which areas have an influence on the professional development of teaching physical education and sports sciences - University of Baghdad during the period of healthy block.

Research areas:

- 1-4-1 The human field: - Instructors of the College of Physical Education and Sports Sciences - University of Baghdad.
- 1-4-2 The time limit: The period from 1/3/2020 until 07/15/2020.
- 1-4-3 Spatial Domain: - College of Physical Education and Sports Sciences - University of Baghdad.

6- Defining terms:

- 1- COVID-19: It is "an infectious disease caused by a virus that was discovered from a strain of Coronavirus, and there was no knowledge of the existence of this new virus and its disease before the start of its outbreak in Wuhan, China, in December 2019. COVID-19 has turned into a pandemic that affected Over many countries of the world." ()
- 2- Professional development: It is "processes aimed at developing the skills and behavior of faculty members, to be more efficient and effective to meet the needs of the university and society, and the needs of the teaching staff themselves." ()
- 3- A member of the university faculty: "One of the members in charge of teaching and supervising affairs in higher education, who holds a doctorate and a master's degree with scientific titles: professor, assistant professor, teacher, assistant teacher." ()
- 4- Quarantine: a procedure that is subject to people who have been exposed to an infectious disease, and this is if they contract the disease or not, and in quarantine, the persons concerned are required to stay at home or any other place to prevent further spread of the disease to others, and to monitor the effects of the disease on them and on their health. Carefully, the quarantine may be in a person's home, or a private facility such as a dedicated hotel, or hospital, and during the quarantine the person can do the things that he can do in his home within the restrictions of the location in which he is. Usually he is asked to take his temperature and submit a daily report to the health authorities about how he feels. Instructions are also given to the person on what he or she can do with family members.

2- Research Procedures:

- 2-1 Research Methodology: The researcher used the descriptive method using the survey method and case study for its suitability to the topic and nature of the problem.
- 2-2 The research community and its samples: The research community was represented by the teaching staff of the College of Physical Education and Sports Sciences - University of Baghdad, whose number is (179) teaching staff. From the research community as well, with (20) teachers and a percentage of (11.17%), in addition to selecting the main research sample (application sample) also randomly, and its number (79) teachers, with a percentage (44.14%), and as shown in the table (1).

Table 1: Shows the research population and its samples and percentages

%Percentage	Sample app	%Percentage	Sample Setting	Percentage %Percentage	TheSurvey sampleYa	Total number
%44.14	79	%44.69	80	%11.17	20	179

Methods and tools used in the research: The researcher used the 2.3

3- Means and tools used in the research: The researcher used the following means and tools:

- 1- Arab and foreign sources. 2- Test and measurement 3- Questionnaire. 4- Personal interviews.

2-4 Field Research Procedures:

2-4-1 Setting the scale:

First: Determining the goal of preparing the scale: The goal is to know the level of professional development for teaching physical education and sports sciences - University of Baghdad during the period of health block.

Second: - Collecting and preparing the scale phrases: After reviewing the studies and special scientific research in the field of measuring professional development, () () the researcher prepared a questionnaire for the terms of this scale consisting of (36) phrases, which were presented to a group of experts and specialists * in the fields of (Tests and Measurement, Management and Organization) to determine the validity of the statements on the research sample, then use the (Ka) 2 test for good conformity to accept the scale phrases, as shown in Table (2).

Table 2: Shows the calculated (Ca) 2 values and the type of significance for development scale terms

Type of indication	Calculate ² (Value(Ka)	The ones who .don't agree	Approver s	Number ofStatements	Areas	T
significant	7	0	7	10	Cognitive and cultural	1
significant	7	0	7	9	Scientific output	2
significant	7	0	7	8	It Communications	3
significant	7	0	7	9	Training courses and workshops	4

The results of Table (2) show that the calculated values of (Ca2) for the four domains' paragraphs are greater than their tabular value of (3.84) at the level of significance (0.05), and below the degree of freedom (1), thus accepting all the paragraphs.

3-4-2 The scale exploratory experiment: The researcher applied the scale on an exploratory sample consisting of (20) male and female instructors who were randomly selected through an electronic questionnaire for the period from 3/20/2020 until 3/30/2020, and the conduct of this experiment was to achieve several goals: -

- 1- Clarity of scale phrases and instructions.
- 2- Knowing the time taken to answer the scale paragraphs.
- 3- Identify the obstacles that the researcher may face during the measures implementation procedures.

And after the completion of the exploratory experiment, the objectives that were set have been achieved, as follows:

- 1- Clarity of the scale phrases and instructions.
- 2- The time taken to answer the scale paragraphs was (10-13) minutes.
- 3- Avoiding and overcoming some obstacles during the measures implementation procedures.

Then the scale, with its appropriate instructions and phrases, is ready to be applied to the sample preparation.

3-4-3 Applying the scale to the preparation sample: Apply the scale to the preparation sample for statistical analysis, selecting the valid ones and excluding the invalid ones, depending on the law of discriminatory ability (by the two peripheral groups and internal consistency methods) for each of them, as well as to extract the indicators of validity and stability of the scale on the preparation sample, which is in number. (80) Teaching and teaching through the electronic questionnaire for the period from 4/10/2020 until 4/20/202, according to the instructions for this scale as follows: -

A-Scale Instructions:

- 1- It is not required to write (name) in the form.
- 2- Answer all paragraphs and leave no one unanswered.
- 3- Read each paragraph carefully and carefully, then choose the appropriate answer.
- 4- The answers to the statements are done according to five alternatives, which are (strongly agree, agree, neutral, disagree, strongly disagree).
- 5- Not to place more than a sign () or choose more than one alternative.

B- Correction of the scale: the correction of the scale is represented by the correction key consisting of degrees (for positive expressions and vice versa for negative expressions), so that the degrees of the scale range between (180-36) degrees, and with a hypothetical average of (108) degrees.

3-4-4 Statistical analysis of scale phrases:

First: - The two peripheral groups (discriminatory ability): To extract the discriminatory ability of the scale expressions, the researcher, after the data collection and unpacking process, conducted the process of arranging the grades of the scale in ascending order from the lowest degree to the highest degree, as a percentage (27%) of the higher degrees of the scale and a percentage of (27%) of the minimum scores on the scale for the preparation sample of (80) teaching and teaching staff, and (t) was tested for independent samples between the two peripheral groups of (22) teaching and teaching group, to find out the differences between the two groups, as shown in Table (3)).

Table 3: The coefficient of discrimination for each of the terms of the professional development measure applied to the sample preparation

(ValueT (Calculated	Phrase .No	(ValueT (Calculated	Phrase .No	(ValueT (Calculated	Phrase .No	(ValueT (Calculated	Phrase .No
4.19	28	3.87	19	3.56	10	3.97	1
4.41	29	4.22	20	4.13	11	3.11	2
3.67	30	4.56	21	3.98	12	3.05	3
4.17	31	3.89	22	4.43	13	3.91	4
3.76	32	4.11	23	4.56	14	4.12	5
3.82	33	4.09	24	3.78	15	4.25	6
4.51	34	3.67	25	3.65	16	4.09	7
4.65	35	3.78	26	3.44	17	3.78	8
3.91	36	4.22	27	4.11	18	3.55	9
) ValueTat a level of significance (0.05 (2.02(Scheduling)(And under the degree of (freedom (42							

The results of Table (3) show that the (36) professional development scale expressions are distinctive, indicating their acceptance of all, depending on the fact that the calculated (t) values were greater than its tabular value of (2.02) at a significance level (0.05) and below the degree of freedom. (42).

Second: the coefficient of internal consistency: to determine the extent of homogeneity of the expressions in its measurement of the behavioral phenomenon to be measured, and to find this coefficient, the simple correlation coefficient (Pearson) was used between the degree of each statement and the total degree of the scale for all members of the preparation sample of (80) teaching and teaching and as shown in the table (4).

The results of Table (4) show the values of the correlation coefficient computed between the degree of each statement in the overall degree of the Professional Development Scale, and it was greater than its tabular value of (0.217) below the significance level (0.05) and at the degree of freedom (78), which indicates the significance of the correlation of all phrases.

Table 4: The values of the coefficient of correlation ((R) calculated) between the score of each statement in the overall degree of the Professional Development Scale.

(ValueR (Calculated	Phrase .No	(ValueR (Calculated	Phrase .No	(ValueR (Calculated	Phrase .No	(ValueR (Calculated	Phrase .No
0.44	28	0.37	19	0.31	10	0.37	1
0.39	29	0.38	20	0.37	11	0.38	2
0.33	30	0.34	21	0.33	12	0.34	3
0.44	31	0.37	22	0.39	13	0.37	4
0.31	32	0.38	23	0.36	14	0.38	5
0.37	33	0.31	24	0.34	15	0.31	6
0.31	34	0.37	25	0.35	16	0.37	7
0.37	35	0.35	26	0.37	17	0.35	8
0.35	36	0.37	27	0.31	18	0.37	9
)ValueR(Scheduling (0.217) at indication level (0.05 ((.(Under the degree of freedom(78							

4-5 The scientific foundations of the Professional Development Scale

First: the validity of the scale: The researcher used two types of honesty, namely: -

1- Apparent honesty: The results of this type of honesty were extracted by presenting the scale to a group of experts and specialists of (7) experts and specialists * in the fields of (tests, measurement and sports management), as shown in Table (2).

2- Constructive or formative honesty: - The results of this type of honesty were extracted by extracting the ability to distinguish between the upper and lower scores of the scale, and as shown in Table (3).

Second: - The stability of the scale: The results of the stability of the scale were extracted by testing and re-testing, as the scale was applied to the sample of the exploratory experiment of (20) teachers who were randomly selected, then re-applying the scale after (7) days of the first application through the questionnaire. Then the researcher extracted the value of the simple correlation coefficient (Pearson) between the two applications, which amounted to (0.92), which is a high stability that can be adopted in the application of the test, and with this, the scale became ready for application. *

Third: Objectivity of the scale: Since this type of scale, a clear solution key is set for it, so no two correctors or arbitrators differ, which makes this scale highly objective.

2-4-6 Applying the scale: The scale was applied to the main research sample of (79) teaching staff at the College of Physical Education and Sports Sciences - University of Baghdad, for the period from 1/5/2020 until 5/10/2020.

2-5 Statistical methods: The researcher used the following statistical methods:

1- Percentage 2- Arithmetic Mean 3- Standard Deviation 4- Simple Correlation (Pearson).

5- Law (t) for independent samples 6- Law of analysis of variance (F) 7- Law of least significant difference (L.S.D).

3- Presentation, analysis and discussion of results:

1-3 Presenting and analyzing the results of the professional development of physical education and sport sciences teachers - University of Baghdad during the healthy block period:

3-1-1 Presentation and analysis of the results of identifying and analyzing the nature of professional development for teaching physical education and sports sciences - University of Baghdad during the healthy block period

Table 5: Shows the values of the arithmetic mean, standard deviations, and coefficient of variation in the professional development measure

Difference factor %	Standard deviation	Arithmetic medium	Areas	T
%9.05	4.11	45.42	Cognitive and cultural	1
%9.45	3.87	40.95	Scientific output	2
%9.17	3.56	38.84	ICT	3
%9.90	4.23	42.72	Training courses and workshops	4
%3.27	5.46	167.22	Total scale grade	5

Through Table (5), as we find that the values of the arithmetic mean, the standard deviations and the coefficient of variation in the professional development measure differ from one motivation to another.

3-1-2 Presenting and analyzing the results of the differences in the fields of professional development for teaching physical education and sports sciences - University of Baghdad during the healthy block period:

To find out the differences between the areas of professional development for teaching physical education and sports sciences - University of Baghdad during the period of healthy block ization, the researcher used the test of the analysis of variance (F), as shown in Table (6)

Table 6: Shows the results of the analysis of discrepancy (F) between areas of professional development

Type The significance	The government's support for the government's work in the countryF (Calculated)	Average Boxes	Degrees Freedom	Total Boxes	.Source The sin
significant	4.83	13.29	3	39.87	Bean Groups
		2.75	32	87.96	Within Groups
			35	127.83	General

The results of Table (6) show that the value of (F) computed between the fields of professional development for teaching physical education and sports sciences - University of Baghdad during the healthy block period, as the value of (F) calculated by (4.83) is statistically significant compared to the value of (F) table. And the number (2.92) at a level of significance (0.05) and a degree of freedom (32,2) in order to identify the best areas of professional development among the members of the research sample, the researcher used the LSD test, as shown in Table (7).

Table 7: The results of the test show the least significant difference (L.S.D) between the areas of professional development of the research sample

Type of indication) Value(L.S.D Calculated	Media Teams	Computational circles	Motives
significant	2.25	4.47	40.95-45.42	Cognitive and cultural*Scientific output
significant		6.58	38.84-45.42	Cognitive and cultural*Ict
significant		2.7	42.72-45.42	Cognitive and cultural*Training courses and workshops
It's not significant.		2.11	38.84-40.95	ICT -Scientific Output

It's not significant.		1.77-	42.72-40.95	Training courses and workshops -Scientific output
significant		3.88-	42.72-38.84	*training courses and workshops -ICT

Table (7) shows that the value of the difference between the two arithmetic mean of the cognitive and cultural domain and the field of scientific output is (4.47), which is greater than the calculated value of (LSD) of (2.25) at a significance level (0.05) and below two degrees of freedom (32,2), which indicates However, the preference for the cognitive and cultural field, as for the value of the difference between the two arithmetic mean of the cognitive and cultural domain and the field of information and communication technology is (6.58), which is greater than the calculated LSD value of (2.25) at the significance level (0.05) and below the two degrees of freedom (32,2). This indicates that the preference is for the cognitive and cultural field, while the difference between the two arithmetic mean of the cognitive and cultural domain and the field of training courses and workshops appeared to be (2.7), which is greater than the calculated LSD value of (2.25) at the level of significance (0.05) and under two degrees of freedom. (32,2), which indicates that the preference is for the cognitive and cultural field.

As for the value of the difference between the two arithmetic mean in the field of scientific production and the field of information and communication technology is (2.11), and it is greater than the calculated value of (LSD) of (2.25) at a significance level (0.05) and below two degrees of freedom (32,2), which indicates the absence of A significant difference between the two fields, while the value of the difference between the two arithmetic mean for the field of scientific output and the field of training courses and workshops was (-1.77), which is greater than the value of (LSD calculated of (2.25) at the level of significance (0.05) and under two degrees of freedom (32,2). This indicates that there is no significant difference between the two fields, while the value of the difference between the two arithmetic mean for the field of information and communication technology and the field of training courses and workshops is (-3.88), which is greater than the value of (LSD calculated of (2.25) at the level of significance (0.05) and below Two degrees of freedom (32,2), which indicates that preference is given to the field of training courses and workshops.

2-3 Discussion of the results:

Through the results presented in Table (5), which shows that the members of the research sample enjoy good amounts in professional development in light of the quarantine of the Corona crisis, and the researcher attributes this result to the enjoyment of the members of the research sample with information, knowledge and cultural awareness of all the information surrounding this The crisis and investing their time through home reservation in participating in workshops and scientific courses and their use of information and communication technology and their interest in them as much as the increasing awareness of the importance of these means and their effectiveness in carrying out their tasks efficiently and cost-effectively by working on communicating with them, interest in renewing them and trying to learn that it contributes to facilitate their tasks, whether in the process Teaching, scientific research, or community service, such as controlling the research process on the Internet, dialogue with specialists, controlling presentation programs, using automated and statistical programs, and using audio-visual means in the teaching process, and this is consistent with what has been mentioned that "technologies and communications in their various forms will Raising the level of quality of the educational process, which would improve the level of professional development by raising the level of employment and It is a professional for faculty members to plan, implement and evaluate.

As for the two tables (6 and 7), the results indicate that the nature of professional development in the teaching of physical education and sports sciences has been affected by the Corona crisis, especially those related to the knowledge and cultural field, as the results of these two tables showed that there are significant differences between the areas of professional development and in favor of the cognitive and cultural fields Firstly, training courses and workshops, secondly at the expense of scientific output and information and communication technology, and the researcher attributes the reason for these results to the volume of information and knowledge that these teachers obtained during home quarantine through various media, as well as their active participation in training courses and workshops related to the Corona crisis and the benefits The consequences of adhering to the instructions for disease prevention and prevention of various diseases with their regularity in practicing sports at home are auxiliary factors for facing this crisis and then emptying negative energies, and transforming them into positive ones, in addition to their attendance and participation in training courses and workshops related to their scientific and professional side, the matter Which led to an increase in their knowledge and cultural side, and then professional development and achievement of success Castration and the need to prove oneself, excel, and reach a prominent position among the group, distinction and fame, and this is consistent with what has been mentioned in the statement that "non-performing behavior is related to the achievement of a specific goal, and the orientation towards that has to do with the abilities of the individual and the motivation to achieve achievement."

Conclusions and recommendations:

1-4 Conclusions:

- 1- The members of the research sample enjoyed good grades in the professional development scale for teaching physical education and sports sciences - University of Baghdad during the healthy block period.
- 2- The existence of significant differences between the scale of professional development for teaching physical education and sports sciences - University of Baghdad during the period of healthy block.
- 3- The results showed the superiority of the cultural knowledge field, followed by the field of lectures and scientific workshops.

4-2 Recommendations:

- 1- Emphasizing the importance of professional development among teachers of Physical Education and Riyadh Sciences because of its importance in raising their academic level.
- 2- The necessity of encouraging teachers of physical education and sports sciences regularly to participate in scientific lectures and workshops due to the many positives they bear.
- 3- Emphasis on holding training courses and workshops continuously to develop and develop the competencies and skills of teaching, scientific research and community service member of the university's faculty.
- 4- The necessity to encourage teaching based on modern technology by providing the necessary means and equipment for this, along with training teachers to use them.
- 5- Emphasizing on conducting other studies and research related to other fields of professional development and on other samples.

References

- Al-Shehri, M. B: The use of information and communication technologies by faculty members at King Saud University in the educational process, Umm Al-Qura Journal for Educational Sciences, Issue (24), 2007.
- Bashir Haddad: Professional Development for University Teaching Staff, Cairo, The World of Books, 2004.
- BourzamaDaoud: the level of professional development among professors of physical education and sports at the Algerian University, Ph.D. thesis, Abdelhamid Ben BadisMostaganem University, Institute of Sciences and Techniques of Physical and Sports Activities, Department of Physical Education and Sports, 2014.
- Ali Salloum Al-Hakim: tests, measurement and statistics in the field of sports, Qadisiyah, Ministry of Higher Education and Scientific Research, 2004.
- Muhammad Shahat Al-Khatib: Academic accreditation and its relationship to the scientific and professional development of faculty members in higher education, King Saud University, 2006.
- World Health Organization. Coronavirus Disease (Covid-19) Q&A,
<https://www.who.int/ar/emergencies/diseases/novel-coronavirus-2019/advice-for-public/q-a-coronaviruses>
- Speck, M. &Knipe, C. Why can't we get it right? Designing high-quality professional development. for standards-based schools. (2nd ed.). Thousand Oaks: Corwin Press., 2005,.
- Glyn C. Roberts and others (2nd ed) Learning Experiences Lllinois ; Human kinetics . 1999 .
<https://www.aljazeera.net/news/healthmedicine/2020/3/2>

Appendixes

Appendix 1: It shows the names of the experts and specialists for whom the professional development measure was presented

Workplace	Exact specialization	Scientific title	Name	T
Helwan _Faculty of Physical Education Benin -University (Former Brigadier General)	Sports Management	.A.D	Abdul Rahman Kamal Darwish	1
Head of The Department of Physical Education Isra University College -and Sports Sciences	Sports Management	.A.D	Hassan Naji Mahmoud	2
Faculty of Physical Education and Sports University of Baghdad - Sciences	Testing and measurement	.A.D	Abbas Ali A'a'a'a'a	3
Faculty of Sports -Muthanna University Education and Sports Sciences	Sports Management	.A.D	Khaled Aswad Lakh	4
College Education Physical and Sports University Baghdad _Science	Sports Management	.A.M.D	Hab Shaker Salah And	5
Faculty of Physical Education and Sports University of Baghdad _Sciences for Girls	Sports Management	.A.M.D	Sandus Musa Jawad	6
Faculty of Physical Education and Sports University of Baghdad _Sciences for Girls	Tests and measurements	.A.M.D	Warda Ali Abbas	7

Appendix (2)

It shows the professional development measure in its final form

Dear Teacher:

The researcher aims to conduct a study entitled (Professional Development for Teaching Physical Education and Sports Sciences in Light of the Corona Crisis and During the Health block Period) so you put in your hands a set of phrases to be read to what extent you express your views and the answer is by placing a mark () in front of each paragraph and under the alternative that It suits you, and not leaving any paragraph without an answer, as in the following example.

I don't strongly .agree	I don't .agree	Neutral	I agree	I strongly .agree	Paragraphs	T
				✓	Disease Extensive learning about the nature of COVID-19 .Its symptoms and methods of prevention	1

Thank you for your cooperation with us. Researcher

I don't strongly .agree	No I agree	Neutr al	I agree	I strong ly .agree	Paragraphs	T	Domain
					Disease Extensive learning about the nature of COVID-19.Its symptoms and methods of prevention	1	/,First The extent of the contribution of the healthy blockperiod on the side Cognitive and cultural
					The search for knowledge From many different .sources	2	
					Adequate knowledge of the theories and means of .distance learning	3	
					.and their uses learning-E	4	
					.learning-with self Enroll in courses Concerned	5	
					Reading practice Free in the field of education, .cognitive and professional	6	
					Social And Health And Get to know Changes economic And cultural in Community	7	
					Knowledge of educational decisions and policies	8	

					developed by the Ministry of Higher Education and Scientific Research during theblock.health period		
					Be sure to read the new scientific research in the field .of Arab and international specialization	9	
					of writing Acquiring and developing the skill .scientific research in modern methods	10	
					And a Providing scientific advice Participating in .sprocess for the development of the college's program	1	/li The extent to which the blockhealth period contributes to the aspect of Scientific output
					To I contribute to the development of solutions address the problems and difficulties facing the educational process during theblock.health period	2	
					To participate in the Providing scientific advice development of department and university programs	3	
					Providing practical ideas for the development of the educational environment in the field of sports	4	
					Use theblockhealth period to conduct scientific research in my specialty	5	
					Participating in holding electronic workshops within .my specialty	6	
					And an academy in .I belong to scientific associations .my field. And my specialist	7	
					-have courses Concerned with self Make sure you .learning	8	
					Employ a variety of educational materials (articles, .publications, publications) related to the course	9	
					The use of modern educational methods suitable for the educational process during theblock .period	1	Iii/ The extent to which the blockhealth period contributes to Development ICT
					development and -Use the Internet for learning, self .access to electronic resources	2	
					I talk remotely with specialists and remotely attend .regular college meetings	3	
					Use appropriate means of communication to learning -communicate the required material within e .clearly and understandably to students	4	
					Provide practical ideas for the development of the the sports field using educational environment in .modern technology	5	
					And social Make sure you keep browsing your email networks for professional communication with my .colleagues	6	
					.in communicating with students Visual means Use	7	
					Communicating with Academics With the same competence of foreigners and Arabs to exchange experiences and knowledge	8	
					In the Workshops, training courses and forums .Join .Only fields of specialization	1	/Iv The extent to which the blockhealth period contributes to Participating in Training courses and
					The College encourages me to participate in workshops and training courses to benefit from the .professional development of my specialty	2	
					I was not able to benefit from the scientific benefit of attending workshops and courses during theblock .health period	3	
					?Do you participate in random workshops and courses	4	

					Mother Selectivity that is suitable for academic .specialization for the purpose of increasing expertise		workshops
					I participate in workshops and training courses to obtain certificates of participation that will help me in .my annual performance assessment	5	
					Attending workshops and courses contributes to professional development as an entry point for .continuing education	6	
					There are established criteria through which workshops and seminars are held to promote and .develop professional growth	7	
					Workshops and training courses share experiences .among participants	8	
					Participation in workshops and training courses is .based on a plan drawn up by the teacher	9	